



## Ederle & Del Din Fitness Center

# GROUP EXERCISE

### July 2021

	MON	TUE	WED	THURS	FRI	SAT
06:30 a.m.						
09:00 a.m.		Taekwondo Master Kim  Yoga Tammie (GF1) <i>(No Class 6 July)</i>		Taekwondo Master Kim  Yoga Tammie (GF1) <i>(No Class 8 July)</i>		
10:30 a.m.						
11:45 a.m.						
12 p.m.	CORE Cycle Sarah (GF2) <i>(Classes resume 12 July)</i>  STRONG Bell Isabella 30 Min (Functional Fitness) <i>(No Class 5 July)</i>	HIRT Sarah (GF1) <i>(Classes resume 12 July)</i>	Drive-Thru Yoga Flow Tammie (GF1) <i>(No Class 7 July)</i>  SPIN with Sarah Sarah (GF2)  STRONG Bell Isabella 30 Min (Functional Fitness)  Jade Massage Tools Pam (Del Din @ 1205)	HIRT Sarah (GF1) <i>(Classes resume 12 July)</i>	Drive-Thru Yoga Flow Tammie (GF1) <i>(No Class 9 July)</i>  STRONG Bell Isabella 30 Min (Functional Fitness)	POP UP!
5 p.m.			Happy Hour Yoga Tammie (GF1) <i>(No Class 7 July)</i>			
5:30 p.m.		Fit Yoga Raluca (GF1) <i>(No Class 6 July)</i>		Fit Yoga Raluca (GF1) <i>(No Class 22 July)</i>		



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#### Fitness Center's class locations:

Group Fitness Room 1 (GF1) – Upstairs (take the metal staircase outside the fitness center)

Group Fitness Room 2 (GF2) – Upstairs above the main Cardio Room

Group Fitness 3 (GF3) – Door next to the vending machine

#### Fitness Center's class prices:

Martial Arts: \$12 Ticket or \$70 Monthly ticket.

Small Group & Pool Classes ask Front Desk for details.

All other classes are \$5 per class or \$40 for 10 classes.



For more information, call 0444-71-4467.  
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