


## Ederle Fitness Center

# GROUP EXERCISE SCHEDULE

### January 2024

	MON	TUE	WED	THURS	FRI	SAT
<b>9:00 a.m.</b>	<b>Pilates</b> Ashley (GF1) <i>No class 1<sup>st</sup> &amp; 15<sup>th</sup></i> <b>SLAM @ 9:30</b> (Del Din Fitness Center)	<b>Taekwondo</b> Master Kim (Combative Room) <b>Power Pump</b> Steffi (GF1) <b>Pilates on Equipment</b> Ashley (Pilates studio)	<b>Pilates</b> Ashley (GF1) <i>No class 10<sup>th</sup></i> <b>SLAM</b> (Basketball Court or Track)	<b>Taekwondo</b> Master Kim (Combative Room) <b>SLAM</b> (B-Ball Court or Track) <b>Pilates on Equipment</b> Ashley (Pilates studio)	<b>Pilates</b> Ashley (GF1) <b>SLAM</b> (B-Ball Court or Track)	
<b>10:00 a.m.</b>	Recovery session (Recovery Zone) <b>BY RESERVATION</b>	Recovery session (Recovery Zone) <b>BY RESERVATION</b>		<b>FitYoga (10:30)</b> Raluca (GF1) <i>NO CLASS 4<sup>th</sup> &amp; 18<sup>th</sup></i>	Recovery session (Recovery Zone) <b>BY RESERVATION</b>	
<b>12:00 p.m.</b>	<b>STRONG Bell</b> Isabella 30 Min (GF1) <i>No class 1<sup>st</sup></i> <b>CARDIO STRENGTH</b> Alessandra (Basketball Court) <i>No class 1<sup>st</sup></i> <b>Spin</b> Taylor (GF2) <i>No class 1<sup>st</sup> &amp; 15<sup>th</sup></i> <b>Pilates on Equipment</b> <b>@12:15</b> Ashley (Pilates studio) <i>No class 1<sup>st</sup> &amp; 15<sup>th</sup></i>	<b>Pilates @ 12:15</b> Ashley (GF1) <b>HITT/Strength @1210</b> Grace (Functional Room) <i>No class 2<sup>nd</sup></i>	<b>STRONG Bell @ 11:30</b> Isabella 30 Min (GF1) <b>CARDIO STRENGTH</b> Alessandra (GF1) <i>No class 3<sup>rd</sup> &amp; 24<sup>th</sup></i> <b>SPIN &amp; Strength</b> Taylor (GF2)	<b>Pilates @ 12:15</b> Ashley (GF1) <b>HITT/Strength @1210</b> Grace (Functional Room)	<b>STRONG Bell</b> Isabella 30 Min (GF1) <b>CARDIO STRENGTH</b> Alessandra (Basketball Court) <i>No class 5<sup>th</sup></i>	
<b>5:00 p.m.</b>		<b>Pilates on Equipment</b> <b>@5:30</b> Ashley (Pilates studio)	<b>Slow Flow Yoga</b> Sarah H. (GF1) <i>No class 3<sup>rd</sup></i>			
<b>6:00 p.m.</b>	<b>Karate</b> Matthew (Combative Room) <i>No class 1<sup>st</sup></i> <b>Zumba</b> Charmaine @5:30 (GF1) <i>No class 1<sup>st</sup></i>	<b>Zumba @ 5:30p.m.</b> Michelle (GF1) <i>No class 2<sup>nd</sup></i>	<b>Zumba</b> Charmaine @5:30 (GF1)	<b>Zumba @ 5:30p.m.</b> Michelle (GF1) <i>No class 4<sup>th</sup></i>	<b>Karate</b> Matthew (Combative Room) <i>No class 12<sup>th</sup> &amp; 19<sup>th</sup></i>	@USAG.Italy.Sports USAG Italy Sports, Fitness and Aquatics  Find us on <b>facebook</b>

**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

**Fitness Center's class prices:**  
**Taekwondo:** \$12 Ticket or \$70 Monthly  
**Karate classes** are \$7 per class.  
**Pilates on Equipment :** 6 or more \$15 per ticket / \$20 individual  
**All other classes** are \$6 per class  
 or \$45 for 10 classes.

**For more information, call 0444-71-4467.  
 italy.armyMWR.com**

