



Ederle & Del Din Fitness Center

GROUP EXERCISE

September 2020

	MON	TUE	WED	THURS	FRI
9 a.m.	Fit Yoga Raluca (GF3) <i>(No Class Sep. 7th)</i> Power Pump Emily (GF1) <i>(No Class Sep. 7th)</i>	Taekwondo Kim Sung Bok Cycling Audra (GF2)	(9:15 a.m.) Zumba Michelle (GF1) <i>(No Class Sep. 2nd, 9th, 23rd)</i>	Taekwondo Kim Sung Bok Cycling Audra (GF2)	Fit Yoga Raluca (GF3) Power Pump Emily (GF1)
10:30 a.m.	Zumba Ingrid (GF1) <i>(No Class Sep. 7th)</i>	Zumba Dee (GF1)	Strong Nation Dee (GF1)	Zumba Dee (GF1)	Zumba Ingrid (GF1)
11:30 a.m.	Power Half Hour Isabella (Functional Fitness) <i>(No Class Sep. 7th)</i>				Power Half Hour Isabella (Functional Fitness)
12 p.m.	Cycling Emily (GF2) <i>(No Class Sep. 7th)</i>	HIRT (45 min) Emily (GF1) (12:05) Tuesday Nutrition Talk Coach Mac (GF3) (Small Group Class) <i>(No Class Sep. 1st or 22th)</i>	Cycling Emily (GF2)	HIRT (45 min) Emily (GF1)	
5 p.m.	(5:30 p.m.) Zumba Dee (GF1)	Fit Yoga Raluca (GF1)			
6 p.m.	Taekwondo Kim Sung Bok (Combative) <i>(No Class Sep. 7th)</i>				Taekwondo Kim Sung Bok (Combative)

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:

Taekwondo \$12 Ticket or \$70 Monthly ticket.

Small Group Classes ask Front Desk for details.

All other classes are \$5 per class or \$35 for 10 classes.

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

