



Ederle Fitness Center

GROUP EXERCISE SCHEDULE

January 2025						
MON	TUE	WED	THURS	FRI	SAT	
0700	0640 Strength Training*FREE* w/ Zamora (Meet Side Turf)	0640 Yoga & Mobility *FREE* w/Zamora (GF1) No Class Jan 1 st	Endurance & HIIT *FREE* w/Zamora (Side Turf)			
0900	0930 SLAM (Del Din) No class until after Jan 3 rd	0915 SLAM (B-Ball / Track) No class until after Jan 3 rd	09150SLAM (B-Ball / Track) No class until after Jan 3 rd	SLAM @ 9:15 (B-Ball / Track) No class until after Jan 3 rd	0930 TRX Jan 25 th Register w/Barbara	
1000	Zumba w/ Charmaine (GF1) No classes on the 1 st and 20 th	Zumba w/ Charmaine (GF1) No classes on the 1 st and 20 th			Core Strength & Foundations w/Rebecca Jan 25 th 0930-1130 Register w/Rebecca (GF1)	
1200	1200 NEW SPIN CLASS!!! w/AMY (Spin Room) No class Jan 20 th Strong Bell w/Isabella 30 Min (GF1) No Class Jan 6 th and 20 th Cardio Strength 12:05 w/Alessandra (B-Ball Court) No Class Jan 1 st , 3 rd , and 6 th	1100 Fit Yoga FREE w/Raluca 45 Min (GF1) No class Jan 14 th	1200 NEW SPIN CLASS!!! w/AMY (Spin Room) Starts Jan 15 th 1130 Strong Bell Isabella 30 Min (GF1) No Class Jan 1 st Cardio Strength 12:05 w/Alessandra (GF1) No Class Jan 1 st , 3 rd , and 6 th	Align and Flow Yoga w/Regan (GF1) No class on Jan 1 st and 2 nd 1315 TRX w/Barbara Jan 16 th and 30 th	Strong Bell w/Isabella 30 Min (GF1) No Class on Jan 3 rd Cardio Strength 12:05 w/Alessandra (B-Ball Court) No Class Jan 1 st , 3 rd , and 6 th	
1600				SUNDAY Come in from the Cold w/ Rebecca Jan 5 th , 11 th , 12 th , 18 th , and 19 th 1000-1600 Register w/ Rebecca (Recovery Zone)		
1700	Zumba *FREE* w/Sara (GF1) No class Jan 20 th	1730 Zumba w/Michelle (GF1) No class on Jan 2 nd	Align and Flow Yoga w/Regan (GF1) No class on Jan 1 st and 2 nd	1730 Zumba w/Michelle (GF1) No class on Jan 2 nd		
1800	Karate w/Matthew (Combatives Room) No class Jan 6 th and 13 th				Karate w/Matthew (Combatives Room)	

Fitness Center's class locations:
 Group Fitness Room 1 (GF1, Reformer Room, Pilates Studio) – Upstairs, back side
 Group Fitness Room 2 (GF2) – Upstairs (above the main Cardio Room)

Fitness Center's class prices:
 TRX classes are \$10 per class
 Karate classes are \$12 per class.
 All other classes are \$6 per class or \$45 for 10 classes.

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