

Vicenza Fitness Center

~The Best in Europe~

U.S. ARMY

SPORTS • FITNESS • AQUATICS

Personal Training





Ederle Fitness Center

HOURS OF OPERATION

| | |
|-------------------|-----------------------|
| Monday | 5:30 a.m. – 8:30 p.m. |
| Tuesday | 5:30 a.m. – 8:30 p.m. |
| Wednesday | 5:30 a.m. – 8:30 p.m. |
| Thursday | 5:30 a.m. – 8:30 p.m. |
| Friday | 5:30 a.m. – 8:30 p.m. |
| Saturday | 9 a.m. – 5 p.m. |
| Sunday | <u>24/7-UNSTAFFED</u> |
| Training Holidays | 7 a.m. – 7 p.m. |
| U.S. Holidays | Not Staffed |



June Mondays



V1

GROUP EXERCISE SCHEDULE

- 0545-0615 S.L.A.M Express Class (Virtual Class via Zoom)
- 1000-1100 Zumba with Charmaine (GF1)
- 1130-1230 CrossFit with Rodger (Functional Room)
- 1130-1230 Grappling with Chris (Functional Room)
- 1200-1300 Hybrid Training w/ Ambra (Canopy) **Only June 8th , 15th and 22nd**
- 1205-1300 Cardio Strength w/Alessandra (GF1)
- 1800-1900 Zumba with Sara *FREE*(GF1) **No Classes on June 15th, 22th, and 29th**
- 1800-1900 Karate w/Matthew (Combatives Room)





June Tuesdays

GROUP EXERCISE SCHEDULE

- 0915-1015 S.L.A.M. (Basketball Court/ Track)
- 1100-1145 *FREE* Fit Yoga w/ Raluca (GF1) **Only on June 30th**
- 1130-1230 CrossFit with Rodger (Functional Room)
- 1200-1300 Hybrid Training w/ Ambra (Canopy) **Only June 30th**
- 1200-1300 Kettlebell with Isabella (GF1)
- 1730-1830 Zumba with Michelle (GF1)



June Wednesdays



GROUP EXERCISE SCHEDULE

- 0545-0615 S.L.A.M Express Class (Virtual Class via Zoom)
- 0915-1015 S.L.A.M. (Basketball Court/Track)
- 1000-1100 Zumba with Charmaine (GF1)
- 1130-1230 CrossFit with Rodger (Functional Room)
- 1130-1230 Brick City Spin w/ Da Chef-**SPECIAL CLASS \$10** (Spin Room)
- 1200-1300 Hybrid Training w/ Ambra (Canopy) **Only June 3rd, 10th, and 24th**
- 1205-1300 Cardio Strength w/ Alessandra (GF1)
- 1700-1800 Align and Flow Yoga w/ Regan (GF1)
- 1800-1900 **FREE** Zumba with Sara (GF1) **No Classes on June 17th, and 24th**





June Thursdays

GROUP EXERCISE SCHEDULE

- 0915-1015** S.L.A.M. (Basketball Court/Track)
- 1130-1230** CrossFit with Rodger (Functional Room)
- 1200-1300** Kettlebell Training with Isabella (GF1)
- 1200-1300** Hybrid Training w/ Ambra (Canopy) **Only on June 18th**
- 1530-1630** Hot Yoga w/ Regan (GF1)
Limited availability, reserve a spot with Regan today!
- 1730-1830** Zumba with Michelle (GF1) **No Classes on May 14th and 28th**
- 1830-1930** HipHop Step Aerobics with Da Chef (GF1)





June Fridays

GROUP EXERCISE SCHEDULE

- 0915-1015 S.L.A.M. (Basketball Court/Track)
- 1130-1230 CrossFit with Rodger (Functional Room)
- 1130-1230 Brick City Spin w/ Da Chef- **SPECIAL CLASS \$10** (Spin Room)
- 1205-1300 Flex and Flow with Alessandra (GF1)
- 1800-1900 Karate w/ Matthew (Combatives Room) **No Classes on June 1st, 5th and 8th**



June Saturdays



GROUP EXERCISE

SCHEDULE

1000-1100

Hybrid Training w/ Ambra (Canopy) **Only the 6th & 20th**

1030-1130

CrossFit with Rodger (Functional Room)





GROUP EXERCISE SCHEDULE

**NO GROUP FITNESS CLASSES
SCHEDULED.**

**EDERLE FITNESS CENTER FRONT DESK
UNSTAFFED.**

24/7 ACCESS ONLY





GROUP EXERCISE SCHEDULE

**For the Pilates
schedule scan the
QR code:**

