

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



May Mondays



V1

GROUP EXERCISE

SCHEDULE

0545-0615 S.L.A.M Express Class (Virtual Class via Zoom)

1000-1100 Zumba with Charmaine (GF1)

1200-1300 Hybrid Training w/ Ambra (Canopy) **Only May 18th , and 25th**

1205-1300 Cardio Strength w/Alessandra (GF1)

1800-1900 Zumba with Sara *FREE*(GF1)

1800-1900 Karate w/Matthew (Combatives Room)





May Tuesdays

GROUP EXERCISE SCHEDULE

- 0915-1015 S.L.A.M. (Basketball Court/ Track)
- 1000-1100 Zumba with Charmaine (GF1)
- 1100-1145 *FREE* Fit Yoga w/ Raluca (GF1) **No Class on May 26**
- 1200-1300 Hybrid Training w/ Ambra (Canopy) **Only May 5th**
- 1200-1300 Kettlebell with Isabella (GF1)
- 1730-1830 Zumba with Michelle (GF1)



May 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 Brick City Spin w/ Da Chef-**SPECIAL CLASS \$10** (Spin Room)

1200-1300 Hybrid Training w/ Ambra (Canopy) **Only May 27th**

1205-1300 Cardio Strength w/ Alessandra (GF1)

1700-1800 Align and Flow Yoga w/ Regan (GF1)

1800-1900 FREE Zumba with Sara (GF1)





May Thursdays

GROUP EXERCISE SCHEDULE

- 0915-1015 S.L.A.M. (Basketball Court/Track)
- 1000-1100 Zumba with Charmaine (GF1)
- 1200-1300 Kettlebell Training with Isabella (GF1)
- 1200-1300 Hybrid Training w/ Ambra (Canopy) **Only on May 7th & 21st**
- 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)





May Fridays

GROUP EXERCISE SCHEDULE

- 0915-1015 S.L.A.M. (Basketball Court/Track)
- 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 May 1st and 8th**



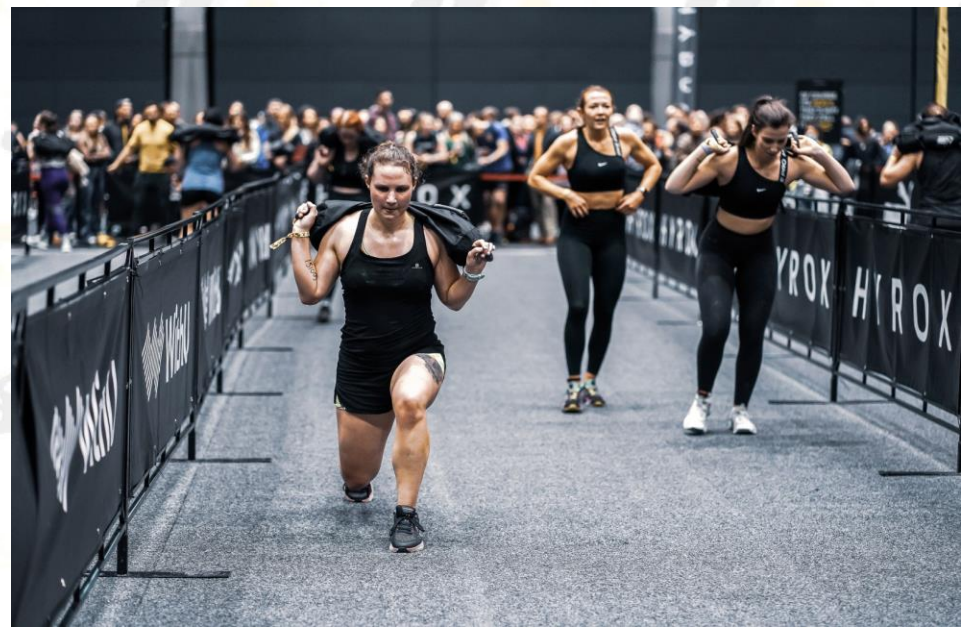
May Saturdays

GROUP EXERCISE

S C H E D U L E

1000-1100

Hybrid Training w/ Ambra (Canopy) **Only May 2nd & 9th**





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:**

