

Ederle Fitness Center

GROUP EXERCISE SCHEDULE

AUGUST 2024

	MON	TUE	WED	THURS	FRI	SAT
7:00 a.m.		Strength Training W/ Zamora *FREE* (Meet B-Ball) @0640	Yoga, Stretching, & Mobility W/ Zamora *FREE* (GF1) @0640 No Class 21 st	Endurance & HIIT W/ Zamora *FREE* (Side Turf) @0640 No Class 22 nd		
9:00 a.m.	Pilates Ashley (GF1) No Class 5 th , 12 th , & 19 th SLAM @ 0930 (Del Din)	SLAM @ 9:15 (B-Ball / Track)	Pilates Ashley (GF1) No Class 7 th , 14 th , & 24 th SLAM @ 9:15 (B-Ball / Track)	SLAM @ 9:15 (B-Ball / Track)	Pilates Ashley (GF1) No Class 2 nd , 9 th , 16 th , & 23 rd SLAM @ 9:15 (B-Ball / Track)	
10:00 a.m.	Zumba Charmaine (GF1)		Zumba Charmaine (GF1)			
12:00 p.m.	STRONG Bell Isabella 30 Min (GF1) No Class 5 th & 12 th Cardio Strength @12:05 Alessandra (Basketball Court) No Class 12 th & 19 th	Fit Yoga *FREE* Devan (GF1) No Class 13 th , 20 th , & 27 th	Cardio Strength @12:05 Alessandra (GF1) No Class 14 th & 21 st Spin *FREE* Devan (GF2) No Class 14 th , 21 st , & 28 th	Align and Flow Yoga W/ Regan (GF1)	STRONG Bell Isabella 30 Min (GF1) No Class 9 th , 16 th , & 23 rd Cardio Strength @12:05 Alessandra (B-Ball Court) No Class 26 th & 23 rd Spin *FREE* Devan (GF2) No Class 2 nd , 16 th , 23 rd , & 30 th	
5:00 p.m.	Zumba *FREE* Sara K. (GF1)	Zumba @ 5:30p.m. Michelle (GF1)	Align and Flow Yoga W/ Regan (GF1)	Fit Yoga *FREE* (5:30) Devan (GF1) No Class 15 th , 22 nd , & 29 th Zumba @ 5:30p.m. Michelle (GF1) No Class 1 st , 8 th , & 15 th		
6:00 p.m.	Karate Matthew (Combative Room) No Class 12 th B.Y.O.B Endie (GF1) No Class 5 th & 19 th		BYOB Extreme Endie and Devan (Outdoor Canopy) No Class 14 th & 28 th		Karate Matthew (Combative Room) No Class 16 th	

Pelvic Floor & Foundations
 W/ Rebecca AUG 17th
 930-1130
 \$35.00 Register at desk

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 \$12 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



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