

Ederle Fitness Center

GROUP EXERCISE SCHEDULE

March 2025

	MON	TUE	WED	THURS	FRI	SAT
0700-0800	0700 Studio Pilates w/ Lizzie	0640 Strength Training *FREE* w/ Zamora (Meet Side Turf) No class 4 March	0640 Yoga Stretching Mobility with Zamora GF1 No class 5 March	0640 Endurance & HIIT *FREE* w/Zamora (Side Turf) No class 6 March	0830 Reformer Pilates (Reformer room w/ Laura)	0800 Reformer Pilates (Reformer room w/Laura) No classes 1 and 8 March
0900	0900 Reformer Pilates w/ Laura (Reformer Room)	Get your private locker for only \$15 per month. See front desk for more info	0900 Studio Pilates w/ Lizzie (Pilates Studio) 0915 SLAM (B-Ball / Track)	0915 SLAM (B-Ball / Track)	0930 Reforma Pilates w/ Laura (Pilates Studio) SLAM @ 9:15 (B-Ball / Track)	0900 Reformer Pilates (Reformer room w/Laura) No classes 1 and 8 March TRX w/Barbara March 13 th and 27 th 1315
1000	1000-1100 Zumba w/ Charmaine GF1 Room 1000 Reformer Pilates w/ Laura (Reformer room) 1100 Reformer Pilates w/Laura (Reformer Room)	1100 Fit Yoga FREE w/Raluca 45 Min (GF1)\$	Zumba w/ Charmaine GF1 Room	1030 Reformer Pilates (Reformer room w/Laura) No classes 6 and 13 March	1030 Reforma Pilates w/ Laura (Pilates Studio)	 <p>SPRING SHAPE UP MASSAGE Enter a world of rejuvenation and healing.</p> <p>Refresh and renew this season with our Spring Shape Up package! Enjoy three 60-minute massage sessions plus a 30-minute Hormone treatment for ultimate relaxation and recovery. Perfect for relieving stress, improving circulation, and rejuvenating your body.</p> <p>MARCH 1 TO APRIL 30 From 8 am to 7 pm</p> <p>Special Price: 200.00, Call Maria Greata: 343.336622</p> <p>This package includes: 3x 60-minute massage sessions 1x 30-minute Hormone package</p> <p>Total: \$600, \$225</p> <p>Must be used within 90 days of purchase.</p> <p>Scan to schedule</p> <p>Italy Army Center italy.army.mil mwp@army.mil</p>
1200-1500	1200 Strongbell class w/ Isabella GF1 Room 1205 w/Alessandra Cardio Strength Basketball court 1200 Spin Class GF2 w/ Amy no class 31 March 1230 Reformer Pilates w/Laura (Reformer Room) 1430 Reformer Pilates w/Laura (Reformer Room)	 <p>NEW SPIN CLASS AT THE EDERLE FITNESS CENTER</p> <p>Don't miss your chance to join our new spin class, taking place on Mondays and Wednesdays!</p> <p>Check the Group Fitness Schedule for monthly dates and times.</p> <p>One (1) fitness class ticket required per session.</p> <p>For more info, call 0444-71-4467. italy.armyMWR.com</p>	1130 Strong Bell Isabella 30 Min (GF1) 1200 Spin Class GF2 w/ Amy Cardio Strength 12:05 w/Alessandra (GF1)	 <p>TRX w/Barbara March 13th and 27th 1315</p>	1200 Studio Pilates w/ Laura (Pilates Studio) 1200 Strong Bell w/Isabella 30 Min (GF1) Cardio Strength 12:05 w/Alessandra (B-Ball Court)	
1600-1800	1630 Springboard Pilates (Pilates Studio w/ Lizzie) 1730 Springboard Pilates (Pilates Studio w/ Lizzie) No Classes 3 March	1630 Reformer Pilates (Reformer room) 1730 Reformer Pilates w/Laura (Reformer room) no classes 4 March	1630 Studio Pilates w/ Lizzie (Pilates Studio) 1730 Studio Pilates w/ Lizzie (Pilates Studio) No evening classes 12 March 1700 Align and Flow Yoga w/Regan (GF1)	<p>Personal Training Services Barbara Todescato Phone: 331-959-0537 Email: baby.tds@gmail.com</p>		
1800-2000	Zumba *FREE* w/Sara (GF1) 1730 Springboard Pilates (Springboard Room) Karate 1800-1900 w/ Matthew Combatives Room	1730 Zumba w/Michelle (GF1) 1730 Reformer Pilates (Reformer room)	1700 Align and Flow Yoga w/Regan (GF1)	1730 Zumba w/Michelle (GF1) No Class March 22	Karate 1800-1900 w/Matthew (Combatives Room) No class 14 March	 <p>Healing touch Care and wellness</p> <p>rebegethe@yahoo.it +39 393 9034713</p>

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.

