
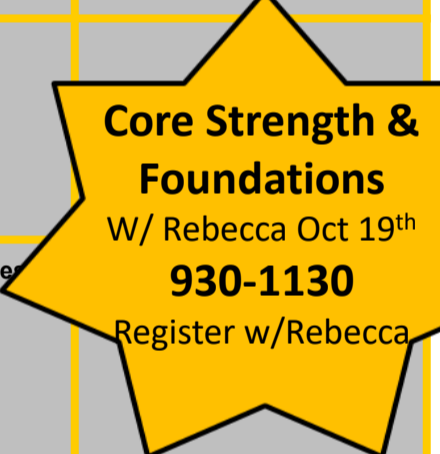


Ederle Fitness Center

GROUP EXERCISE SCHEDULE

October 2024

| | MON | TUE | WED | THURS | FRI | SAT |
|------|---|---|--|---|--|---|
| 0700 | | 0640 Strength Training Zamora *FREE* (Meet Side Turf) No Class Oct 1st or 22nd | 0640 Yoga & Mobility Zamora *FREE* (GF1) No Class Oct 2nd | 0640 Rebuild W/ Rick Yoga *FREE* (GF1) Endurance & HIIT W/ Zamora *FREE* (Side Turf) No Class Oct 3rd | Reformer Pilates (Reformer room) 0800 Reformer Pilates (Reformer room) |  |
| 0900 | Mat Pilates Lizzie (GF1) Reformer Pilates (Reformer room) 0930 SLAM (Del Din) | | Reformer Pilates (Reformer room) 0915 SLAM (B-Ball / Track) | 0915 SLAM (B-Ball / Track) | Mat Pilates Ashley (GF1) Reformer Pilates (Reformer room) SLAM @ 9:15 (B-Ball / Track) | |
| 1000 | Springboard Pilates (Pilates Studio) Zumba Charmaine (GF1) No Class Oct 14th | 1030 Reformer Pilates (Reformer room) | Springboard Pilates (Pilates Studio) Zumba Charmaine (GF1) | | |  |
| 1200 | Strong Bell Isabella 30 Min (GF1) Cardio Strength 12:05 Alessandra (B-Ball Court) No Class Oct 14th 1210 Reformer Pilates (Reformer Room) | Barre Laura (GF1) No Class Oct 1st, 2nd or 29th 1230 Reformer Pilates (Reformer room) 1400 Reformer Pilates (Reformer room) | 1130 Strong Bell Isabella 30 Min (GF1) Cardio Strength 12:05 Alessandra (GF1) 1210 Reformer Pilates (Reformer room) | 1100 Springboard Pilates (Pilates Studio) Align and Flow Yoga W/ Regan (GF1) 1315 TRX W/ Barbara Oct 3rd, 17th Register w/Barbara | 1100 Springboard Pilates (Pilates Studio) Reformer Pilates (Reformer room) Strong Bell Isabella 30 Min (GF1) Cardio Strength 12:05 Alessandra (B-Ball Court) No Class Oct 4th | |
| 1600 | Springboard Pilates (Pilates Studio) | 1630 Springboard Pilates (Pilates Studio) | 1630 Springboard Pilates (Pilates Studio) | 1330 Reformer Pilates (Reformer room) 1430 Reformer Pilates (Reformer room) 1630 Reformer Pilates (Reformer room) | 1630 Reformer Cardio Pilates (Reformer room) | |
| 1700 | Zumba *FREE* Sara K. (GF1) No Class Oct 14th, 21st 1730 Springboard Pilates (Springboard Room) | 1730 Zumba Michelle (GF1) No Class Oct 22nd 1730 Reformer Pilates (Reformer room) | Align and Flow Yoga W/ Regan (GF1) 1730 Springboard Pilates (Pilates Studio) | 1730 Reformer Pilates (Reformer room) 1730 Zumba Michelle (GF1) No Class Oct 31st | 1730 Reformer Cardio Pilates (Reformer room) | |
| 1800 | B.Y.O.B Endie (GF1) Only Oct 7th & 28th Karate Matthew (Combative Room) | | BYOB Extreme Endie (Outdoor Canopy) Only Oct 23rd | | Karate Matthew (Combative 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:
Karate classes are \$12 per class.
Reformer Classes are \$20
Springboard Classes are \$20 or \$90 for 6 classes
All other classes are \$6 per class or \$45 for 10 classes.

Register for Reformer and Springboard Classes on Whatsapp;
 +39 347 489 5717
 +39 340 601 2337



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 Fitness and Aquatics



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