

# Ederle Fitness Center

# GROUPEXERCISE SCHEDULE

## November 2023

	MON	TUE	WED	THURS	FRI	SAT
6:30 a.m.						
9:00 a.m.	<b>Pilates</b> Ashley (GF1) <i>NO CLASS 6th &amp; 20th</i> <b>SLAM @ 9:30</b> (Del Din Fitness Center)	<b>Taekwondo</b> Master Kim (Combative Room) <b>Power Pump</b> Steffi (GF1) <i>NO CLASS 21st</i>	<b>Pilates</b> Ashley (GF1) <i>NO CLASS</i> <b>SLAM</b> (Basket Ball Court or Track)	<b>Taekwondo</b> Master Kim (Combative Room) <b>SLAM</b> (B-Ball Court or Track) <b>All Levels Yoga</b> Sarah H. (GF1) <i>NO CLASS 16th &amp; 23rd</i>	<b>Pilates</b> Ashley (GF1) <i>NO CLASS 17th &amp; 24th</i> <b>SLAM</b> (B-Ball Court or Track)	
10:00 a.m.	<b>Zumba</b> Ingrid (GF1)		<b>Zumba</b> Ingrid (GF1)	<b>FitYoga (10:30)</b> Raluca (GF1) <i>NO CLASS 9th &amp; 23rd</i>	<b>Zumba</b> Ingrid (GF1)	
12:00 p.m.	<b>STRONG Bell</b> Isabella 30 Min (GF1) <b>CARDIO STRENGTH</b> Alessandra (Basketball Court) <b>Spin</b> Taylor (GF2) <i>NO CLASS 13th</i>	<b>Zumba</b> Charmaine (GF1) <b>Pilates @ 12:15</b> Ashley (GF1) <i>NO CLASS 14th</i>	<b>STRONG Bell</b> Isabella 30 Min (Functional Room) <b>CARDIO STRENGTH</b> Alessandra (GF1) <i>NO CLASS 8th</i> <b>SPIN &amp; Strength</b> Taylor (GF2) <b>Postural Clinic Recovery</b> Rebecca (Recovery Room)	<b>Zumba</b> Charmaine (GF1) <i>NO CLASS 23rd</i> <b>Pilates @ 12:15</b> Ashley (GF1) <i>NO CLASS 16th</i>	<b>STRONG Bell</b> Isabella 30 Min (GF1) <i>NO CLASS 10th &amp; 24th</i> <b>CARDIO STRENGTH</b> Alessandra (Basketball Court) <i>NO CLASS 10th</i>	
5:00 p.m.			<b>Slow Flow Yoga</b> Sarah H. (GF1) <i>NO CLASS 15th &amp; 22nd</i>			
6:00 p.m.	<b>Karate</b> Matthew (Combative Room)	<b>Zumba @ 5:30p.m.</b> Michelle (GF1)		<b>Zumba @ 5:30p.m.</b> Michelle (GF1) <i>NO CLASS 23rd</i>	<b>Karate</b> Matthew (Combative Room)	

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 Fitness and Aquatics



**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 \$7 per class.

All other classes are \$6 per class or \$45 for 10 classes.



For more information, call 0444-71-4467.  
[italy.armyMWR.com](http://italy.armyMWR.com)