

Ederle Fitness Center

GROUP EXERCISE SCHEDULE

September 2024

	MON	TUE	WED	THURS	FRI	SAT
7:00 a.m.		Strength Training Zamora *FREE* (Meet Side Turf) @0640 Only on SEPT 10 th	Yoga & Mobility Zamora *FREE* (GF1) @0640 Only on SEPT 4 th			
9:00 a.m.	Pilates Ashley (GF1) No Class 2 nd SLAM @ 0930 (Del Din)	NEW Barre Class Laura (GF1) 50 mins	Pilates Ashley (GF1) SLAM @ 9:15 (B-Ball / Track)	SLAM @ 9:15 (B-Ball / Track)	Pilates Ashley (GF1) SLAM @ 9:15 (B-Ball / Track)	Core Strength & Foundations W/ Rebecca Sept 14 th 930-1130 Register at Desk
10:00 a.m.	Zumba Charmaine (GF1)	NEW Pilates Flow Laura (GF1)	Zumba Charmaine (GF1) No Class 11 th			
10:30 a.m.				NEW Barre Class Laura (GF1)		
12:00 p.m.	Strong Bell Isabella 30 Min (GF1) No Class 2 nd Cardio Strength 12:05 Alessandra (B-Ball Court) No Class 2 nd & 9 th		1130 Strong Bell Isabella 30 Min (GF1) No Class 11 th Cardio Strength 12:05 Alessandra (GF1)	Align and Flow Yoga W/ Regan (GF1)	Strong Bell Isabella 30 Min (GF1) Cardio Strength 12:05 Alessandra (B-Ball Court) No class 13 th	TRX Class W/ Barbara Sept 28 th 930-1030
5:00 p.m.	Zumba *FREE* Sara K. (GF1)	Zumba @ 5:30p.m. Michelle (GF1)	Align and Flow Yoga W/ Regan (GF1)	Zumba @ 5:30p.m. Michelle (GF1)		
6:00 p.m.	B.Y.O.B Endie (GF1) Only on Sept 16 th Karate Matthew (Combative Room) No Class 9 th , 13 th		BYOB Extreme Endie (Outdoor Canopy) Only on Sept 11 th & 18 th		Karate Matthew (Combative Room) No Class 6 th , 16 th	

Fitness Center's class locations:
Group Fitness Room 1 (GF1) – Upstairs
Group Fitness Room 2 (GF2) – Upstairs
 (above the main Cardio Room)

Fitness Center's class prices:
Karate classes are \$12 per class.
All other classes are \$6 per class
 or \$45 for 10 classes.



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