


## Ederle & Del Din Fitness Center

# GROUP EXERCISE

## December 2021

	MON	TUE	WED	THURS	FRI	SAT
06:30 a.m.						
09:00 a.m.	<b>NEW!</b> 3-F's Functional – Fit – For You Chiara (GF1)	Taekwondo Master Kim  Yoga Tammie (GF1)	<b>NEW!</b> 3-F's Functional – Fit – For You Chiara (GF1)	Taekwondo Master Kim  Power Yoga Tammie (GF1)	Hot Yoga Tammie (GF3)	<b>SPIN</b> Sarah C. (GF2) @ 9:00 am
10:00 a.m.	Zumba Ingrid (GF1) (NO CLASS DEC 20 <sup>TH</sup> – JAN 9 <sup>TH</sup> )	PowerPump (@ 10:15 GF1) (NO CLASS DEC 21 <sup>ST</sup> , 28 <sup>TH</sup> )	Zumba Ingrid (GF1) (NO CLASS DEC 20 <sup>TH</sup> – JAN 9 <sup>TH</sup> )		Zumba Ingrid (GF1) (NO CLASS DEC 20 <sup>TH</sup> – JAN 9 <sup>TH</sup> )	
11:00 a.m.						
12 p.m.	CORE Cycle Sarah (GF2) (NO CLASS DEC 18 <sup>TH</sup> – 31 <sup>ST</sup> )  STRONG Bell Isabella 30 Min (Functional Fitness) (NO CLASS DEC 27 <sup>TH</sup> – 31 <sup>ST</sup> )	HIRT Sarah (GF1) (NO CLASS DEC 18 <sup>TH</sup> – 31 <sup>ST</sup> )	Lunch Time Stretch Yoga Tammie (GF1)  SPIN with Sarah Sarah (GF2) (NO CLASS DEC 1 <sup>ST</sup> , 18 <sup>TH</sup> – 31 <sup>ST</sup> )  STRONG Bell Isabella 30 Min (Functional Fitness) (NO CLASS DEC 27 <sup>TH</sup> – 31 <sup>ST</sup> )	HIRT Sarah (GF1) (NO CLASS DEC 2 <sup>ND</sup> , 18 <sup>TH</sup> – 31 <sup>ST</sup> )	STRONG Bell Isabella 30 Min (Functional Fitness) (NO CLASS DEC 27 <sup>TH</sup> – DEC 31 <sup>ST</sup> )	
5 p.m.			Yoga-N-Sip Tammie (GF1)	<b>NEW!</b> 3-F's Functional – Fit – For You Chiara (GF1)		
6 p.m.	Stretching & Alignment Dr. Rebecca (GF1) (NO CLASS DEC 20 <sup>TH</sup> )	Zumba Michelle (@ 5:30 GF1) (NO CLASS DEC 21 <sup>ST</sup> , 28 <sup>TH</sup> )				



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### 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

Group Fitness 3 (GF3) – Door next to the vending machine

### Fitness Center's class prices:

Martial Arts: \$12 Ticket or \$70 Monthly ticket.

Small Group & Pool Classes ask Front Desk for details.

All other classes are \$5 per class or \$40 for 10 classes.

MERRY CHRISTMAS



For more information, call 0444-71-4467.  
italy.armyMWR.com