



SPORTS • FITNESS • AQUATICS

# Ederle Fitness Center

# GROUP EXERCISE SCHEDULE

## February 2025

	MON	TUE	WED	THURS	FRI	SAT
0700	0700 and 0800 Studio Pilates w/ Lizzie (Pilates Studio)	0640 Strength Training *FREE* w/ Zamora (Meet Side Turf)	0640 Yoga & Mobility *FREE* w/Zamora (GF1)  0700 Studio Pilates w/ Lizzie (Pilates Studio)	Endurance & HIIT *FREE* w/Zamora (Side Turf)	0700 Studio/Barre Pilates (Pilates Studio w/ Laura No classes 2/28/2025)  0800 Reformer Pilates (Reformer room w/ Laura) No classes 2/28/2025	0800 Reformer Pilates (Reformer room w/Laura No classes 2/28/2025)  0800 Reformer Pilates (Reformer room w/Laura No classes 2/28/2025)
0900	0900 Reformer Pilates w/ Laura (Reformer Room)  1000 Reformer Pilates w/ Laura (Reformer room)  0930 SLAM (Del Din)	Marcello Orlandi (Ederle Fitness Center) Phone/Whatsapp: 334-762-1085 Email: <a href="mailto:orlandi_marcello@libero.it">orlandi_marcello@libero.it</a> Facebook/MarcelloOrlandi	0900 Studio Pilates w/ Lizzie (Pilates Studio)  0915 SLAM (B-Ball / Track)	09150SLAM (B-Ball / Track)	0900 Studio Pilates w/ Laura (Pilates Studio) No classes 2/28/2025  SLAM @ 9:15 (B-Ball / Track)	
1000	Springboard Pilates (Pilates Studio)  Zumba w/ Charmaine (GF1) No classes on the 17th  1100 Reformer Pilates w/Laura (Reformer Room)	1100 Fit Yoga FREE w/Raluca 45 Min (GF1) no class Feb 11 and 18	Zumba w/ Charmaine No classes on the 17th	Massage Therapists Rebecca Beghetto(Ederle Fitness Center) Phone/Whatsapp: 393-903-4713 Email: <a href="mailto:rebeghe@yahoo.it">rebeghe@yahoo.it</a>	1030 Reformer Pilates (Reformer room w/Laura No classes 2/28/2025)	1315 TRX w/Barbara Feb 22 <sup>nd</sup>
1200	1205 cardio Strength w/Alessandra Basketball court  1200 Strongbell class w/ Isabella (GF1) No class 17-19-21 Feb  1200 Spin Class GF2 w/ Amy no class 17 and 24 feb  1230 Reformer Pilates w/Laura (Reformer Room)  1430 Reformer Pilates w/Laura (Reformer Room)	15300 Reformer Pilates (Reformer room)  1630 Reformer Pilates (Reformer room)	1130 Strong Bell Isabella 30 Min (GF1) No class 17/19/21 Feb  Cardio Strength 12:05 w/Alessandra (GF1)	U.S. ARMY SFA SPORTS • FITNESS • AQUATICS  Personal Training Services Barbara Todescato Phone: 331-959-0537 Email: <a href="mailto:babytds@gmail.com">babytds@gmail.com</a>	Strong Bell w/Isabella 30 Min (GF1) No class 17-19-21 Feb  Cardio Strength 12:05 w/Alessandra (B-Ball Court)	Get your private locker for only \$15 per month
1600	1630 Springboard Pilates (Pilates Studio w/ Lizzie)  1730 Springboard Pilates (Pilates Studio w/ Lizzie)	1730 Reformer Pilates w/Laura (Reformer room)	1630 Studio Pilates w/ Lizzie (Pilates Studio)  1730 Studio Pilates w/ Lizzie (Pilates Studio)	U.S. ARMY SFA SPORTS • FITNESS • AQUATICS		
1700	Zumba *FREE* w/Sara (GF1) No class Jan 20 <sup>th</sup>  1730 Springboard Pilates (Springboard Room) No classes after Dec 20 <sup>th</sup>	1730 Zumba w/Michelle (GF1) No class on Feb 18 <sup>th</sup>  1730 Reformer Pilates (Reformer room)	1700 Align and Flow Yoga w/Regan (GF1) no class Feb 19 <sup>th</sup>	1730 Zumba w/Michelle (GF1) No class on Feb 20 <sup>th</sup>		U.S. ARMY SFA SPORTS • FITNESS • AQUATICS
1800	Karate w/Matthew (Combatives Room) No Class 21 Feb				Karate w/Matthew (Combatives 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:**  
**TRX classes** are \$10 per class  
**Karate classes** are \$12 per class.  
**All other classes** are \$6 per class or \$45 for 10 classes.



For more information, call 0444-71-4467.  
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