



U.S. ARMY
SPORTS • FITNESS • AQUATICS

Personal Training



Ederle Fitness Center

HOURS OF OPERATION

Monday	5:30 a.m. – 8:30 p.m.
Tuesday	5:30 a.m. – 8:30 p.m.
Wednesday	5:30 a.m. – 8:30 p.m.
Thursday	5:30 a.m. – 8:30 p.m.
Friday	5:30 a.m. – 8:30 p.m.
Saturday	9 a.m. – 5 p.m.
Sunday	<u>24/7-UNSTAFFED</u>

Training Holidays	7 a.m. – 7 p.m.
U.S. Holidays	Not Staffed

KEY

 High Energy

 Fun

 Cardio

 Strength

 Relax/Refit

 Multiple Membership Levels

 Installment Billing Available

 Special Class Price \$10.00

 Martial Arts/Self Defense

August Mondays



V1

GROUP EXERCISE SCHEDULE

1000-1100

Zumba with Charmaine (GF1)

1100-1200

CrossFit w/ Rodger (Functional Room)

1200-1300

Hybrid Training w/ Rodger (Functional Room)

1800-1900

CardioFit w/ Sara *FREE*(GF1) No Classe on 10 August

1800-1900

Karate w/ Matthew (Combative Room) No Classe on 17th





August Tuesdays

GROUP EXERCISE SCHEDULE

0915-1100

S.L.A.M. (Basketball Court / Track)

0930 & 1200

Mat Class Pilates w/ Martina (Recovery Zone)

No Classes Aug 14-31

1100-1145

FlowYoga w/ Raluca (GF1)

No Class Aug 11

1100-1200

CrossFit w/ Rodger (Functional Room) ✨

1200-1300

Hybrid Training w/ Rodger (Functional Room) ✨

1230-1300

Fit Fusion HIIT w/ Regan (Outdoor Canopy)

1200-1300

Kettlebell w/ Isabella (GF1)

No Class for the month of August!!

1730-1830

Zumba w/ Michelle (GF1)

Classes ONLY 18 & 25th

1830-1930

HipHop Step Aerobics w/ Da Chef (Spin Room) 🕺 🏋️ ⚡



August Wednesdays



GROUP EXERCISE

SCHEDULE

- 0545-0615 S.L.A.M Express Class (Virtual Class via Zoom)
- 0915-1100 S.L.A.M. (Basketball Court/Track)
- 1000-1100 Zumba w/ Charmaine (GF1)
- 1100-1200 CrossFit w/ Rodger (Functional Room)
- 1200-1300 Hybrid Training w/ Rodger (Functional Room)
- 1130-1230 Brick City Spin w/ Da Chef (Spin Room) **Special Class Price \$10**
- 1700-1800 Align and Flow Yoga w/ Regan (GF1)
- 1800-1900 FREE CardioFit w/ Sara (GF1) **1x Class in August: 12th**





August Thursdays

GROUP EXERCISE SCHEDULE

<u>0915-1100</u>	S.L.A.M. (Basketball Court / Track) GF1 on 13 & 27 August
<u>0930-1030</u>	Mat Class Pilates w/ Martina (Recovery Zone) No Classes Aug 14-31
<u>1100-1200</u>	CrossFit w/ Rodger (Functional Room)
<u>1200-1300</u>	Hybrid Training w/ Rodger (Functional Room)
<u>1330-1400</u>	Fit Fusion HIIT w/ Regan (Outdoor Canopy)
<u>1730-1830</u>	Zumba w/
<u>1200-1300</u>	Kettlebell w/ Isabella (GF1) No Class for the month of August!!
<u>1830-1930</u>	HipHop Step Aerobics w/ Da Chef (Spin Room)





August Fridays

GROUP EXERCISE SCHEDULE

<u>0915-1100</u>	S.L.A.M. (Basketball Court/Track)
<u>1100-1200</u>	CrossFit w/ Rodger (Functional Room)
<u>1200-1300</u>	Hybrid Training w/ Rodger (Functional Room)
<u>1800-1900</u>	Karate w/ Matthew (Combatives Room) No Classe on 14th





GROUP EXERCISE

SCHEDULE

August Saturdays: No Classes



GROUP EXERCISE SCHEDULE

**For the Pilates
schedule scan
the QR code:**

