

Be sure to read the
areas on the schedule
for dates that say

NO CLASS!!



V1.0

Ederle & Del Din Fitness Center

GROUP EXERCISE

October 2021

	MON	TUE	WED	THURS	FRI	SAT
06:30 a.m.						SPIN Sarah C. (GF2) @ 8:30 am
09:00 a.m.		Taekwondo Master Kim Yoga Tammie (GF1) POWERPUMP Steffi (Basketball Court) OCT 19th ONLY!!!		Taekwondo Master Kim Power Yoga Tammie (GF1)	Hot Yoga Tammie (GF3)	
10:00 a.m.	Zumba Ingrid (GF1)		Zumba Ingrid (GF1)		Zumba Ingrid (GF1) (NO CLASS OCT 1st, 8th)	
11:45 a.m.				Floating Fitness Steffi (Ederle Pool) OCT 7th ONLY!!!		
12 p.m.	CORE Cycle Sarah (GF2) (NO CLASS OCT 11th, 18th) STRONG Bell Isabella 30 Min (Functional Fitness) (NO CLASS OCT 11th)	HIRT Sarah (GF1)	Lunch Time Stretch Yoga Tammie (GF1) SPIN with Sarah Sarah (GF2) STRONG Bell Isabella 30 Min (Functional Fitness)	HIRT Sarah (GF1)	STRONG Bell Isabella 30 Min (Functional Fitness)	
5 p.m.			Yoga-N-Sip Tammie (GF1)			
6 p.m.	Stretching & Alignment Dr. Rebecca (GF1)	Zumba Michelle (@ 5:30 GF1) (NO CLASS OCT 19th)				



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USAG Italy Sports, 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

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.



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