



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



September Mondays



V1

GROUP EXERCISE SCHEDULE

1000-1100

Zumba with Charmaine (GF1)

1130-1230

Grappling with Chris (Combatives Room) **No class in September**

1800-1900

CardioFit w/ Sara *FREE*(GF1)

1800-1900

Karate w/ Matthew (Combative Room)



September Tuesdays



GROUP EXERCISE

SCHEDULE

0915-1100

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

0930 & 1200

Mat Class Pilates w/ Martina (Recovery Zone) No Classes Sep 1st & 8th

1100-1145

FlowYoga w/ Raluca (GF1) No class Sep 29

1230-1300

Fit Fusion HIIT w/ Regan (Outdoor Canopy Schedule Class through Regan)

1200-1300

Kettlebell w/ Isabella (GF1) No Class for the month

1730-1830

Zumba w/ Michelle (GF1) No Class on the Sep 1





September Wednesday

GROUP EXERCISE **S C H E D U L E**

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)

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)



September Thursdays



GROUP EXERCISE

S C H E D U L E

- 0915-1100** S.L.A.M. (Basketball Court / Track) **GF1 on Sep 1st, 9th, 17th & 22nd**
- 0930-1030** Mat Class Pilates w/ Martina (Recovery Zone) **No Classes Sep 3rd**
- 1330-1400** Fit Fusion HIIT w/ Regan (Outdoor Canopy) (Schedule Class through Regan)
- 1730-1830** Zumba w/ Michelle (GF1) **Only available Sept 3rd & 17th**
- 1200-1300** Kettlebell w/ Isabella (GF1) **No Class for the month**
- 1830-1930** HipHop Step Aerobics w/ Da Chef (GF1)



September Fridays



GROUP EXERCISE

S C H E D U L E

0915-1100 **S.L.A.M. (Basketball Court/Track)**

1130-1230 **Brick City Spin w/ Da Chef (Spin Room) Special Class \$10**

1800-1900 **Karate w/ Matthew (Combatives Room)**





GROUP EXERCISE

SCHEDULE

September Saturdays: No Classes



GROUP EXERCISE SCHEDULE

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

