

Ederle & Del Din Fitness Center

GROUP EXERCISE SCHEDULE

May 2022

MON	TUE	WED	THURS	FRI	SAT
09:00 a.m. 3-F's Functional – Fit – For You Chiara (GF1) <i>(NO CLASS 16TH, 23RD, 30TH)</i>	Taekwondo Master Kim PowerPump Steffi (GF1) <i>(NO CLASS 17TH, 24TH)</i>	3-F's Functional – Fit – For You Chiara (GF1) <i>(NO CLASS 18TH, 25TH)</i>	Taekwondo Master Kim All Levels Vinyasa Yoga Sarah H. (GF3)		SPIN Sarah C. (GF2) @ 9:00 am
10:00 a.m. Zumba Ingrid (GF1)		Zumba Ingrid (GF1)	FitYoga (10:30) Raluca (GF1) <i>(NO CLASS 12TH)</i>	Zumba Ingrid (GF1)	
11:30 a.m.					
12:00 p.m. CORE Cycle Sarah W. (GF2) <i>(NO CLASS 30TH)</i> STRONG Bell Isabella 30 Min (Functional Fitness)	HIIT Sarah W. (GF1) Power Yoga Joy (GF3) <i>(NO CLASS 17TH, 24TH)</i>	SPIN with Sarah Sarah W. (GF2) STRONG Bell Isabella 30 Min (Functional Fitness)	HIIT Sarah W. (GF1) Hot Vinyasa Yoga Joy (GF3) <i>(NO CLASS 19TH)</i>	STRONG Bell Isabella 30 Min (Functional Fitness)	
5:00 p.m.		Slow Flow Yoga & Sip Sarah H. (GF1) SPIN 30 min Sarah C. (GF2)			
6:00 p.m. Stretching & Alignment Dr. Rebecca (GF1)	Zumba (5:30) Michelle (GF1) Karate Matthew (Combative's Room)		Zumba (5:30) Michelle (GF1) Karate Matthew (Combative's Room) <i>(NO CLASS 19TH)</i>		

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.



@USAG.Italy.Sports
 USAG Italy Sports, Fitness and Aquatics



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