

May 2025						
	MON	TUE	WED	THURS	FRI	SAT
0700-0800	0700 Studio Pilates w/ Lizzie	0640 Strength Training *FREE* w/ Zamora (Meet Side Turf) No class May 27th	0640 Yoga Stretching Mobility with Zamora GF1 No class May 26th 0700 Reformer Pilates w/ Lizzie (Pilates Studio)	0640 Endurance & HIIT *FREE* w/Zamora (Side Turf) No class May 1st; 21st; 22nd	0900 Reformer Pilates (Reformer room w/ Laura)	SPORTS · FITNESS · AQUATICS
0900	0900 Reformer Pilates w/ Laura (Reformer Room)		0900 Reformer Pilates w/ Lizzie (Pilates Studio) 0915-1015 SLAM (B-Ball / Track)	0915-1015SLAM (B-Ball / Track)	1030 Reforma Pilates w/ Laura (Pilates Studio) SLAM 9:15-1015 (B-Ball / Track)	
1000	1000-1100 Zumba w/ Charmaine GF1 Room No class May 26th 1000 Reformer Pilates w/ Laura (Reformer room) No classes May 26th 1100 Reformer Pilates w/Laura (Reformer Pilates And Commer Pilates (Reformer Room)	1030 Reformer Pilates w/ Laura 1100 Fit Yoga FREE w/Raluca 45 Min (GF1) No classes May 20th 1130 Reformer Pilates w/ Laura No classes May 27th	1000-1100 Zumba w/ Charmaine GF1 Room	SFA PRESENTS VICENZA RUN CLUB Join us all year round! Ederle Fitness Center pel Din Fitness Center Del Din Fitness and locations New Hoods group on an at convenient force and to calculate PREE ENTRY Outputted and make numbing more for New Hoods group on a at convenient force and to calculate marketing parts Appendix a convenient force and to calculate marketing parts Outputted and make numbing more for New Hoods group on as at convenient force and to calculate marketing parts Outputted and make numbing more for New Hoods group on as at convenient force and to calculate Outputted and make numbing more for Outputted and outputted and make numbing more for Outputted and for	1130 Reforma Pilates w/ Laura (Pilates Studio)	PHYSICAL FITNESS AND SPORTS MONTH MAYIS
1200-1500	1205 w/Alessandra Cardio Strength GF1 1200 Spin Class GF2 W/ Amy No classes May 5th and 26th 1230 Barre and Springboard Pilates W/Laura (Reformer Room) No class May 26th 1430 Barre and Springboard Pilates W/Laura (Reformer Room) No class May 26th 1430 Barre and Springboard Pilates W/Laura (Reformer Room) No classes May 26th	1200 Kettlebell w/ Isabella (GF1) Personal Training Services Barbara Todescato	12:05 Cardio Strength w/Alessandra (GF1)	1200 Kettlebell w/ Isabella (GF1) TRX w/Barbara May 22nd and 29 th 1315	12:05Cardio Strength w/Alessandra GF1 1230 Studio Pilates w/ Laura (Pilates Studio) 1400 Studio Pilates w/ Laura (Pilates Studio)	Get your private locker for only \$15 per month. See front desk for more info
1600-1800	1630 Springboard Pilates (Pilates Studio w/ Lizzie) 1730 Springboard Pilates (Pilates Studio w/ Lizzie)	1730 Zumba w/Michelle (GF1) no classes May 1st	1630 Reformer Pilates w/ Lizzie (Pilates Studio) 1730 Reformer Pilates w/ Lizzie (Pilates Studio) 1700 Align and Flow Yoga w/Regan (GF1)	1730 Zumba w/Michelle (GF1) (no classes May 1st)	Personal Training Services Martina Bedin	
1800-2000	1800 Zumba *FREE* w/Sara (GF1) No class May 12th Karate 1800-1900 w/ Matthew Combatives Room No class May 19th		1800 Zumba *FREE* w/Sara (GF1) No class May 14th	Fitness Center Hours Access 24/7 Front Desk Mon-Fri 0530-2000 Saturday 0900-1700 Sunday 1000-1700 Federal Holidays Closed Phone # 0444 714467 DSN 646 4467	Karate 1800-1900 w/Matthew (Combatives Room)	Personal Training Services Regan Shifflett