

Vicenza Fitness Center

~The Best in Europe~

U.S. ARMY
S
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

July Mondays



V1

GROUP EXERCISE SCHEDULE

1000-1100 Zumba with Charmaine (GF1)

1100-1200 CrossFit with Rodger (Functional Room) **No Classes from July 2-20**

1200-1300 Hybrid Training with Rodger (Functional Room) **No Classes from July 2-20**

1130-1230 Grappling with Chris (Combatives Room)

1800-1900 CardioFit with Sara *FREE*(GF1) **No Classes on July 6**

1800-1900 Karate w/Matthew (Combatives Room)





July Tuesdays

GROUP EXERCISE SCHEDULE

0915-1015 S.L.A.M. (Basketball Court/ Track)

1100-1145 *FREE* FlowYoga w/ Raluca (GF1) **Only on July 28h**

1100-1200 CrossFit with Rodger (Functional Room) **No Classes from July 2-20**

1200-1300 Hybrid Training with Rodger (Functional Room) **No Classes from July 2-20**

1200-1300 Kettlebell with Isabella (GF1) **No Class for the month of July!!**

1730-1830 Zumba with Michelle (GF1) **No Classes for all of July!**



July Wednesdays



GROUP EXERCISE SCHEDULE

0545-0615 S.L.A.M Express Class (Virtual Class via Zoom)

0915-1015 S.L.A.M. (Basketball Court/Track)

1000-1100 Zumba with Charmaine (GF1)

1100-1200 CrossFit with Rodger (Functional Room) **No Classes from July 2-20**

1200-1300 Hybrid Training with Rodger (Functional Room) **No Classes from July 2-20**

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

1700-1800 Align and Flow Yoga w/ Regan (GF1) **No Class on July 1**

1800-1900 FREE CardioFit with Sara (GF1)





July Thursdays

GROUP EXERCISE SCHEDULE

0915-1015 S.L.A.M. (Basketball Court/Track)

1100-1200 CrossFit with Rodger (Functional Room) **No Classes from July 2-20**

1200-1300 Hybrid Training with Rodger (Functional Room) **No Classes from July 2-20**

1730-1830 Zumba with Michelle (GF1) **No Classes for all of July!**

1200-1300 Kettlebell with Isabella (GF1) **No Class for the month of July!!**

1830-1930 HipHop Step Aerobics with Da Chef (GF1)





July Fridays

GROUP EXERCISE SCHEDULE

0915-1015 S.L.A.M. (Basketball Court/Track)

1100-1200 CrossFit with Rodger (Functional Room) **No Classes from July 2-20**

1200-1300 Hybrid Training with Rodger (Functional Room) **No Classes from July 2-20**

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

1800-1900 Karate w/ Matthew (Combatives Room) **No Classes on July 17th & 31st**





GROUP EXERCISE SCHEDULE

**NO GROUP FITNESS CLASSES
SCHEDULED.**

**EDERLE FITNESS CENTER FRONT DESK
UNSTAFFED.**

24/7 ACCESS ONLY





GROUP EXERCISE SCHEDULE

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

