



Ederle & Del Din Fitness Center

GROUP EXERCISE

May 2021

	MON	TUE	WED	THURS	FRI	SAT
06:30 a.m.						
09:00 a.m.	Power Hour Milly (GF1) Hot Yoga Rebecca (GF3)	Taekwondo Master Kim (Combatives) Yoga Tammie (GF1)	Power Hour Milly (GF1) Hot Yoga Rebecca (GF3)	Taekwondo Master Kim (Combatives) Yoga Tammie (GF1)	Bums & Tums Milly (GF1)	
10:30 a.m.	Zumba Ingrid (GF1)	Zumba Dee (GF1) <i>No class 4 May</i> Toning Yogalates Rebecca (GF3)	Zumba Ingrid (GF1)	Zumba Dee (GF1) <i>No class 6 May</i>	Zumba Ingrid (GF1)	
11:45 a.m.	Floating Fitness Steffi (Pool)	Transforming Ten @ 1015 and 1200 Coach Mac	Floating Fitness Steffi (Pool)			POP UP!
12 p.m.	CORE Cycle Sarah (GF2) STRONG Bell Isabella 30 Min (Functional Fitness)	HIRT Sarah (GF1)	Drive-Thru Yoga Flow Tammie (GF1) SPIN with Sarah Sarah (GF2) STRONG Bell Isabella 30 Min (Functional Fitness)	HIRT Sarah (GF1) <i>No class 20 May</i>	Drive-Thru Yoga Flow Tammie (GF1) STRONG Bell Isabella 30 Min (Functional Fitness)	
5 p.m.	Zumba Michelle (GF1)	(1715) STRONG Cycle Sarah (GF2)	Flexibility & Range of Motion Yoga Tammie (GF1)	(1715) CORE Cycle Sarah (GF2)		
5:30 p.m.		Fit Yoga Raluca (GF1)		Fit Yoga Raluca (GF1)		

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.
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