

Be sure to read the
areas on the schedule
for dates that say

NO CLASS!!



V1.0

Ederle & Del Din Fitness Center

GROUP EXERCISE

September 2021

	MON	TUE	WED	THURS	FRI	SAT
06:30 a.m.						
09:00 a.m.		Taekwondo Master Kim Yoga Tammie (GF1)		Taekwondo Master Kim Yoga Tammie (GF1)	Hot Yoga Tammie (GF3)	FREE SPIN Sarah C. @ 8:30 (GF2) <i>(NO CLASS SEPT 4TH)</i> POP-UP POWER PUMP Steffi Sept 21st
10:00 a.m.	Zumba Ingrid (GF1)		Zumba Ingrid (GF1)		Zumba Ingrid (GF1)	
11:45 a.m.			Jade Massage Tools Pam (GF3)			
12 p.m.	CORE Cycle Sarah (GF2) <i>(NO CLASS SEPT 6TH)</i> STRONG Bell Isabella 30 Min (Functional Fitness) FASCIANATOR Pam (Del Din @ 12:05) <i>(NO CLASS SEPT 6TH)</i>	HIRT Sarah (GF1)	Drive-Thru Yoga Flow Tammie (GF1) SPIN with Sarah Sarah (GF2) STRONG Bell Isabella 30 Min (Functional Fitness) Jade Massage Tools Pam (Del Din @ 12:05)	HIRT Sarah (GF1)	STRONG Bell Isabella 30 Min (Functional Fitness)	
5 p.m.			Happy Hour Yoga Tammie (GF1)			
6 p.m.	Stretching & Alignment Dr. Rebecca (GF1)					



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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.
italy.armyMWR.com