

## Ederle & Del Din Fitness Center

# GROUP EXERCISE

## July 2018

	MON	TUE	WED	THURS	FRI
6 a.m.		<b>Sunrise Yoga</b> Jessica (GF1)			
9 a.m.	<b>Cycling</b> Amy (GF2) <i>No class July 2 and 9</i>	<b>Kettle Bell Strength</b> Camelia (Jungle Room)	<b>Cycling</b> Amy (GF2) <i>No class July 4 and 11</i>	<b>Kettle Bell Strength</b> Camelia (Jungle Room)	
9:30 a.m.		<b>Slow Flow Yoga</b> Amber (GF1) <i>No class July 10</i> <i>Sub: Nicole 17 &amp; 24</i> <i>Sub: Laurie 31</i>		<b>Slow Flow Yoga</b> Amber (GF1) <i>No class July 12 &amp; 19</i> <i>Sub: Nicole 26</i>	
10 a.m.		<b>Taekwondo</b> Kim Sung Bok <i>no class until August 15</i>		<b>Taekwondo</b> Kim Sung Bok <i>no class until August 15</i>	
10:30 a.m.	<b>Zumba</b> Fab4 Volunteers (GF1)	<b>Zumba (10:45 a.m.)</b> Fanny (GF1)		<b>Zumba (10:45 a.m.)</b> Fanny (GF1)	<b>Zumba</b> Fab4 Volunteers (GF1)
11:45 a.m.	<b>Del Din Warrior Yoga</b> Amber <i>No class July 9, 16, 23</i> <i>Sub: Nicole July 30</i>			<b>Cycling</b> Stephanie (GF2)	
Noon	<b>Flow Yoga (All Levels)</b> Laurie (GF1) <i>No Class 7/9</i> <i>Sub (Nicole) 7/16 &amp; 7/23</i>	<b>Flow Yoga (All Levels)</b> Nicole (GF1) <i>No class July 10</i> <i>Sub: Laurie July 31</i>	<b>Cycling</b> Stephanie (GF2) <i>No Class July 4</i>	<b>Flow Yoga (All Levels)</b> Amber (GF1) <i>Sub: Nicole July 11, 18, 25</i>	<b>Kettle Bell Strength</b> Jungle Room
4 p.m.				<b>Yin/Restorative Yoga</b> Jessica (GF1)	
4:40 p.m.			<b>Slow Flow Yoga</b> Amber (GF1) <i>Sub: Jessica July 11, 18, 25</i>		
5 p.m.	<b>HIIT Cycling &amp; Yoga</b> Stephanie & Nicole (GF2) <i>July 23 &amp; 30 ONLY</i>	<b>Cycling (5:15 p.m.)</b> Stephanie (GF2) <i>No Class July 3, 10</i>			
5:30 p.m.	<b>Zumba</b> Fanny (GF1)		<b>Zumba</b> Fanny (GF1)		

### Fitness Center's class prices:

Self Defense classes are \$12 per class  
 or \$70 for a monthly pass (2 classes per week)

All other classes are \$5 per class  
 or \$35 for 10 classes

HIIT Cycling & Yoga 2 tickets \$3.50 or \$5.00

### 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

