



Group Fitness Schedule

FEBRUARY 2012

55 min. classes unless noted

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:35am		Cycle Julie		Cycle Julie	Cycle Julie		
5:45am	Boot Camp Michelle		Boot Camp Michelle				
6:30am		6:30-7:00 AM Cycle Express Julie		6:30-7:00 AM Cycle Express Julie	6:30-7:00 AM Cycle Express Julie		
7:00am	ULTRA Tim \$5.00		ULTRA Tim \$5.00		ULTRA Tim \$5.00		
7:30am	Hatha Yoga Amy	Gentle Yoga Amy	Pilates Amy	Gentle Yoga Amy	Pilates Amy		
8:30am	ULTRA Tim \$5.00		ULTRA Tim \$5.00		ULTRA Tim \$5.00	8:30—9:15 Seville Cycle Cyndi	
9:00am	9:00-10:30 AM Insane90 Jen	Power Yoga 90min Amy	9:15-10:30 AM Insane90 Jen	Power Yoga 90min Amy	Zumba/ Zumba Tone Lisa	9:15-10:00 AM Boot Camp Cyndi	Zumba Tara
9:00am		Zumba Lisa		Crazy Fit Tim			
10:00am		Crazy Fit Tim				Zumba Donna	
	11:30—12:30 Amazing Athletes	10:30am-11:30 Amazing Athletes		12:45—1:45p Amazing Athletes		12:00pm-4:00pm Room in Use	
5:00pm		5:15 PM Functional Fitness Michelle	5:15 PM Core/Stretch Linda	Zumba Lisa	Friday Night at Boleros		
5:30pm	Fit to the Core Linda						
6:00pm		Pilates Linda 45mins		6:15-7:00 PM No Limits Linda			
6:30pm	Zumba Donna		Zumba Donna				

CLUB HOURS

MONDAY-FRIDAY
5:00 am—9:00 pm
SATURDAY & SUNDAY
7:00 am—9:00pm

Any Questions or Feedback about any of our Group Fitness Classes please Call the Sports Club Director
Phil Harris at (480) 279-3060

PLEASE NOTE:

Any Group Fitness Class may be removed from the schedule if Attendance drops below 6 participants.

CHILD CARE HOURS

(480) 279-3050

Please call for Reservations

MONDAY-FRIDAY

8:00 am—1:00 pm

3:00 pm—8:00pm

SATURDAY & SUNDAY

8:00 am—1:00pm