19888 N 73rd Ave, Glendale, AZ 85308 (623) 561-9600



EFFECTIVE April 23, 2015

For a full list of schedules & class descriptions, please visit us at http://www.arrowheadccaz.com



	MON	TUE	WED	THU	FRI	SAT	SUN
5:15am	BODYPUMP LES MOLES BODY TRAINING SYSTEMS Helena	Boot Camp Laura	Krista	BODYPUMP LES MOLIS BOOT TRAINING SYSTEMS SUSAN	Boot Camp Julie		
6:00am			Krista				
7:00am Yoga Room						Therapeudic YOGA Deb	
7:30am Spin Room						Julie	
8:00am		Lo Impact Stef		Full-Body Fusion Dana			
8:00am		AQUA Nina			AQUA Nina		
8:00am Yoga Room	YOGA Nancy		Gentle Stretch Yoga Nancy		YOGA Nancy		
8:30am						BODYPUMP Sarah	
8:30am Spin Room	ICS MALO GOLF TRANSPORT OF STEMS				Try- A- Tri Jill		
9:00am Yoga Room				SZVMBA° Javi			
9:00am		SVMBA FINESS Javi	Boot Camp Dana	Boot Camp Dana		Sarah	
9:30am	BODYPUMP LES MILLS BODY FRANKING SYSTEMS Jamie				BODYPUMP US MILLS BODY FIANNIO SYSTEMS Krista	Boot Camp Laura	BODYPUMP ISS MALE BODY FAMOUS STETANS Susan
9:30am Yoga Room	→ ZVMBA Gold Nina		SZVMBA Gold Toning Nina		PiYO Dana	S ZVMBA Kristen	
9:30am Spin Room		Melody					
10:30am Yoga Room	PiYO Dana	BODY FLOW. Nina		YOGA Stef			Laura F.
10:45am					⇒ ZVM BA Toning Nina		
11:00am							

All classes are subject to change without notification.

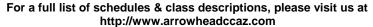
Minors must be 13 years old to attend any Group Fitness classes and must be with a parent. 16 years old without a parent

If you have any questions or comments about Group Fitness, please contact Susan Miller via email at susanmiller0624@yahoo.com

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Group Fitness

EFFECTIVE April 23, 2015





	MON	TUE	WED	THU	FRI	SAT	SUN
3:30pm Yoga Room					Deep Relaxation Nathalie		
4:30pm	Boot Camp Laura		BODYPUMP LES MALES BODY PARAINING SYSTEMS Jamie				
4:30pm Yoga Room		Therapeudic YOGA Deb		Therapeudic YOGA Deb			
4:30pm Spin Room		Julie					
5:00pm				Laura			
5:30pm	BODYPUMP LES MILLS BODY TRAINING SYSTEMS Julie	Laura	BODYCOMBAT. Britty	GRIT SERIES CHAUTH RE-INTENTIAL TRAINS Ashley			
6:00pm		Jo		S ZVMBA FINESS Angela			
6:00pm Yoga Room	Pilates Stef						
6:00pm Spin Room		Spin and Sculpt Brenda		Melody			
6:30pm Yoga Room			Laura F.				
7:00pm	SVMBA° Nina						
7:00pm Yoga Room				Yoga Dana			
8:00pm Yoga Room		Deep Relaxation Nathalie					

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			RS:

Mon-Thu 5:00AM - 10:00PM Fri 5:00AM - 8:00PM Sat 6:00AM - 7:00PM Sun 7:00AM - 6:00PM

KIDS CLUB HOURS:

Mon-Fri 8:00am - 1:00pm 4:00pm - 8:00pm Sat 8:00am - 1:00pm Sun 9:00am - 12:00pm

INFANT CARE:

Ages: 3 months to 18 months

Time Limit: 2 hours

We encourage a 3 Day in advance reservation for infant care