

get



ARROWHEAD

Group Fitness Schedule - Effective July 1st 2015

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5:15am	BODYPUMP Helena	Boot Camp Laura	rpm Julie	BODYPUMP Susan	GRIT SERIES Julie		
5:45am					BODY FLOW EXPRESS 30 Julie		
6:00am			Hard Core Julie				
7:00am Yoga Room						Therapeutic YOGA Deb	
7:30am Pool/Spin Room		Aqua Fit Susan/Helena			Aqua Fit Susan/Helena	rpm Julie	
8:00am		Full-Body Fusion Dana		Full-Body Fusion Dana			
8:00am Yoga Room	YOGA Nancy		Gentle Stretch Yoga Nancy		YOGA Nancy		
8:30am						BODYPUMP Sarah	GRIT SERIES Kristen
8:45am Spin Room	rpm Jill				rpm Jill		
9:15am		ZUMBA Javi	Boot Camp Dana	Boot Camp Javi			
9:15am Yoga Room	ZUMBA Janelle		ZUMBA Janelle		PiYO Dana		
9:15am Spin Room		rpm Melody					
9:30am	BODYPUMP Jamie				BODYPUMP Susan	Boot Camp Laura	BODYPUMP Susan
9:30am Yoga Room						ZUMBA Kristen	
10:15am				ZUMBA Javi			
10:30am	PiYO Dana			YOGA yoga room Dana			
10:45am					ZUMBA Javi		BODY FLOW Laura F.












* 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

Arrowhead CC | 19888 N. 73rd Ave, Glendale, AZ 85308 | 623.561.9600 | www.arrowheadccaz.com

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	MON	TUE	WED	THU	FRI	SAT	SUN
3:30pm Yoga Room					Deep Relaxation Nathalie		
4:30pm	Boot Camp Laura		 Jamie				
4:30pm Yoga Room		Therapeutic YOGA Deb		Therapeutic YOGA Deb			
4:30pm Spin Room		 Julie					
5:15pm				 Laura			
5:30pm		 Laura and Sarah					
5:45pm	 Julie		 Britty	 Ashley			
6:00pm Yoga Room	Crunch & Burn Dana						
6:00pm Spin Room		Spin and Sculpt Brenda		 Melody			
6:30pm				 Angela			
6:30pm Yoga Room		Restore & Renew YOGA Gloria	 Laura F.				
7:00pm	 Janelle						
7:30pm Yoga Room				Yoga Dana			
8:00pm Yoga Room		Deep Relaxation Nathalie					

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CLUB HOURS

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.