

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

Group Fitness



EFFECTIVE June 1, 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 Helena	Boot Camp Laura	rpm Julie	BODYPUMP Susan	Boot Camp Julie		
6:00am			Crunch/Core Julie				
7:00am Yoga Room						Therapeutic YOGA Deb	
7:30am Pool		Aqua Nina			Aqua Nina		
7:30am Spin Room						rpm Julie	
8:00am		Lo Impact Stef		Full-Body Fusion Dana			
8:00am Yoga Room	YOGA Nancy		Gentle Stretch Yoga Nancy		YOGA Nancy		
8:30am						LES MILLS BODYPUMP EXPRESS LES MILLS DXWORX Sarah	
8:30am Spin Room	rpm Jill				rpm Jill		
9:00am Yoga Room				ZUMBA FITNESS Javi			
9:00am		ZUMBA FITNESS Javi	Boot Camp Dana	Boot Camp Dana			
9:30am	BODYPUMP Jamie				BODYPUMP Susan	Boot Camp Laura	BODYPUMP Susan
9:30am Yoga Room	ZUMBA FITNESS Gold Nina		ZUMBA FITNESS Gold Toning Nina		PiYO LIVE Dana	ZUMBA FITNESS Kristen	
9:30am Spin Room		rpm Melody					
10:30am	PiYO LIVE Dana	BODY FLOW Nina		YOGA Stef			BODY FLOW Laura F.
10:45am					ZUMBA FITNESS 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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	MON	TUE	WED	THU	FRI	SAT	SUN
3:30pm Yoga Room					Deep Relaxation Nathalie		
4:30pm	Boot Camp Laura		 Les Mills Body Training Systems Jamie				
4:30pm Yoga Room		Therapeutic YOGA Deb		Therapeutic YOGA Deb			
4:30pm Spin Room		 Les Mills Body Training Systems Julie					
5:00pm				 Laura			
5:30pm	 Les Mills Body Training Systems Julie	 Laura	 Britty	 Ashley			
6:00pm		 Jo		 Angela			
6:00pm Yoga Room	Pilates Stef						
6:00pm Spin Room		Spin and Sculpt Brenda		 Melody			
6:30pm Yoga Room			 Laura F.				
7:00pm	 Nina						
7:00pm 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