

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

Group Fitness

EFFECTIVE **May 1, 2015**

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



*****Aqua classes with Nina will be held indoors from
Tuesday April 28 - Friday May 15.**

	MON	TUE	WED	THU	FRI	SAT	SUN
5:15am	BODYPUMP LES MILLS BODY TRAINING SYSTEMS Helena	Boot Camp Laura	rpm LES MILLS BODY TRAINING SYSTEMS Krista	BODYPUMP LES MILLS BODY TRAINING SYSTEMS Susan	Boot Camp Julie		
6:00am			LES MILLS CXWORX Krista				
7:00am Yoga Room						Therapeutic YOGA Deb	
7:30am Pool		Aqua Nina			Aqua Nina		
7:30am Spin Room						rpm LES MILLS BODY TRAINING SYSTEMS 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 Sarah	
8:30am Spin Room	rpm LES MILLS BODY TRAINING SYSTEMS Jill				Try- A- Tri Jill		
9:00am Yoga Room				ZUMBA FITNESS Javi			
9:00am		ZUMBA FITNESS Javi	Boot Camp Dana	Boot Camp Dana		LES MILLS CXWORX Sarah	
9:30am	BODYPUMP LES MILLS BODY TRAINING SYSTEMS Jamie				BODYPUMP LES MILLS BODY TRAINING SYSTEMS Krista	Boot Camp Laura	BODYPUMP LES MILLS BODY TRAINING SYSTEMS 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 LES MILLS BODY TRAINING SYSTEMS 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













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

Group Fitness

EFFECTIVE **May 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
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					

All classes are subject to change without notification.

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

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