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.

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	MON	TUE	WED	THU	FRI	SAT	SUN
5:15am	BODYPUMP. LES MILLS BODY TRAINING SYSTEMS	Boot Camp	rpm	BODYPUMP. LES MILLS BODY TRAINING SYSTEMS	Boot Camp		
	Helena	Laura	Krista	Susan	Julie		
6:00am			LESMILLS				
			Krista				
7:00am						Therapeudic YOGA	
Yoga Room						Deb	
7:30am		Aqua			Aqua		
Pool		Nina			Nina		
7:30am						rpm	
Spin Room						Julie	
8:00am		Lo Impact		Full-Body Fusion			
0.00aiii		Stef		Dana			
8:00am	YOGA		Gentle Stretch Yoga		YOGA		
Yoga Room	Nancy		Nancy		Nancy		
8:30am						LESMILLS EXPRESS BODYPUMP	
0.30aiii						Sarah	
8:30am	rpm				Try- A- Tri		
Spin Room	Jill				Jill		
9:00am				SVMBA GRASS			
Yoga Room				Javi			
0:00am		SVMBA CALLECT	Boot Camp	Boot Camp		CXWORX	
9:00am		Javi	Dana	Dana		Sarah	
0:30am	BODYPUMP				BODYPUMP	Boot Camp	BODYPUMP
9:30am	Jamie				Krista	Laura	Susan
9:30am	Sold Gold		Sold Toning		PiYO	ZVMBA*	
Yoga Room	Nina		Nina		Dana	Kristen	
9:30am		при					
Spin Room		Melody					
10:30am	PiYO	BODY FLOW		YOGA			BODY
	Dana	Nina		Stef			Laura F.
10:450:00					⇒ 20/M BA Toning		
10:45am					Nina		
11.000							
11:00am							

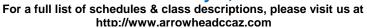
All classes are subject to change without notification.

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

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	MON	TUE	WED	THU	FRI	SAT	SUN
3:30pm Yoga Room					Deep Relaxation Nathalie		
4:30pm	Boot Camp Laura		BODYPUMP LES MILES ROOY TRANSING SYSTEMS Jamie				
4:30pm Yoga Room		Therapeudic YOGA Deb		Therapeudic YOGA Deb			
4:30pm Spin Room		Julie					
5:00pm				Laura			
5:30pm	BODYPUMP, LIS MILLS BODY TANNING SYSTEMS Julie	Laura	BODYCOMBAT. Britty	GRIT SERIES SO MAINT REGARTISAT TABARG Ashley			
6:00pm		Jo		S ZVMBA FINESS Angela			
6:00pm Yoga Room	Pilates Stef						
6:00pm Spin Room		Spin and Sculpt Brenda		LES MILLS BOOT TRAINING STYSTEMS Melody			
6:30pm Yoga Room			Laura F.				
7:00pm	SZVMBA ATMESS 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