

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

Group Fitness

EFFECTIVE March 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 Krista	BODYPUMP Susan	Boot Camp Julie		
6:00am			LES MILLS CXWORX Krista				
7:00am Yoga Room						Yoga Deb	
7:30am Spin Room					rpm Julie		
8:00am		Lo Impact Stef		Full-Body Fusion Dana			
8:00am Pool		AQUA Nina			AQUA Nina		
8:00am Yoga Room	YOGA Nancy		Gentle Stretch Yoga Nancy		YOGA Nancy		
8:30am						BODYPUMP Kristen	
8:30am Spin Room	rpm Jill				Try- A- Tri Jill		
9:00am Yoga Room				ZUMBA Javi			
9:30am	BODYPUMP Jamie	BODY FLOW Nina	Boot Camp Jamie	Boot Camp Dana	BODYPUMP Krista	Boot Camp Laura	BODYPUMP Susan
9:30am Yoga Room	ZUMBA Gold Nina		ZUMBA Gold Toning Nina		PiYO Dana		
9:30am Spin Room		rpm Melody					
10:30am Yoga Room	PiYO Dana			YOGA Stef			
10:45am					ZUMBA Toning Nina		
11:00am						ZUMBA Kristen	
11:15am							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

If you have any questions or comments about Group Fitness, please contact Susan Miller via email at fitness1230@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		BODYPUMP LES MILLS BODY TRAINING SYSTEMS Jamie	LES MILLS CXWORX Laura			
4:30pm Yoga Room		Gentle YOGA Deb		Gentle YOGA Deb			
4:30pm Spin Room		rpm LES MILLS BODY TRAINING SYSTEMS Julie					
5:00pm				Boot Camp Express Laura			
5:30pm	BODYPUMP LES MILLS BODY TRAINING SYSTEMS Julie	LES MILLS CXWORX Laura	LES MILLS BODYCOMBAT Britty				
6:00pm		POUND DANCE FITNESS Jo		ZUMBA FITNESS Angela			
6:00pm Yoga Room	Pilates Stef						
6:00pm Spin Room		Spin and Sculpt Brenda		rpm LES MILLS BODY TRAINING SYSTEMS Melody			
7:00pm	ZUMBA FITNESS Nina						
7:00pm Yoga Room				Yoga Sarah			
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 - 12:15pm

INFANT CARE:

Ages: 3 months to 18 months
Time Limit: 2 hours
We encourage a 3 Day in advance
reservation for infant care