

FITNESS CLASS SCHEDULE



Voted one of the
 “Top 10 Fitness
 Facilities in Arizona,”
 Arizona Grand Athletic
 Club offers more than
 30 energizing classes
 weekly.

**Please call the
 Fitness Center to
 confirm times at
 extension 86484.**

CLASS KEY

- +** Moderate Level of Intensity/
Senior Friendly
- ++** Medium Level of Intensity
- +++** High Level of Intensity
- *** All Levels Accommodated
- \$** Fee Required
- TE** Team Extreme Class
- ^** Classes Start December 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Family Hike 7 am (2 hrs)	
	Pilates Basic + 8 am (1 hr)	Yoga* 8:30 am (1 hr)			Spin++ 8:30 am (1 hr)	Yoga 8 am (1 hr)
Pilates* 9 am (1 hr)		Spin* 9:30 am (1 hr)		Pilates* 8:30 am (1/2 hr)	Tai Chi* 9:00 am (1 hr)	
Spin* 10:15 am (45min)				Yoga* 9 am (1 hr)	Spin++ 9:30 am (1 hr)	
H2O Aerobics* 10:30 am (1 hr)	Yoga* 10:30 am (1 hr)	H2O Aerobics* 10:30 am (1 hr)	Yoga* 10:30 am (1 hr)	H2O Aerobics* 10:30 am (1 hr)	H2O Aerobics* 10:30 am (1 hr)	Spin +++ 10 am (2 hrs)
Yoga*^ 11:00 am (1 hr)				Family Tai Chi 10 am (1 hr)	Zumba 10:30 am (1 hr)	
Gentle Yoga*^ 12:00 am (1 hr)				Spin++ 11 am (1 hr)		
		Tai Chi* 4:15 pm (1 hr)	Pilates* 4 pm (1 hr)		Adventure Hike 2 pm (1 hour)	
Spinning* 5:15 pm (1 hr)	Swim Class\$TE 5:30 pm (1.5 hrs)	Spin Absolution* 5:15 pm (1 hr)	Swim Class\$TE 5:30 pm (1.5 hr)			
Yoga* 6:15 pm (1 hr)	Pilates w/Ball +++ 6:30 pm (1 hr)	Yoga* 6:15 pm (1 hr)	Zumba 5:30 pm (1 hr)			