

FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ACTIV8 \$* 6:15am (1 hr)	Spin* 6:30am (1 hr)	ACTIV8 \$* 6:15am (1 hr)	Spin* 6:30am (1 hr)	ACTIV8 \$* 6:15am (1 hr)	Family Hike* 7am (2 hr)	
	Pilates Barre with Chair* 8am (1 hr)	Yoga* 8:30am (1 hr)		Pilates* 8am (1 hr)	Spin +++ 8am (1 hr)	
Pilates* 9am (1 hr)		Spin* 9:30am (1 hr)		Yoga Level 1* 9am (1 hr)	Zumba* 9am (1 hr)	Spin +++ 9am (1 hr)
H2O Sculpt & Tone* 9:30am (1 hr)	Tai Chi* 9:30am (1 hr)	H2O Aerobics* 9:30am (1 hr)		H2O Sculpt & Tone* 9:30am (1 hr)	H2O Aerobics* 9:30am (1 hr)	
Spin* 10am (1 hr)				Tai Chi* 10am (1 hr)		
	Yoga* 10:30am (1 hr)		Yoga* 10:30am (1 hr)			
Yoga* 11am (1 hr)				Spin ++ 11am (1 hr)		
Gentle Yoga* 12pm (1 hr)						
ACTV8 \$* 12:15pm (1 hr)		ACTV8 \$* 12:15pm (1 hr)		ACTV8 \$* 12:15pm (1 hr)		
			Pilates* 4pm (1 hr)			
Total Fitness* 90 Minutes 5:30pm (1.5 hr)	Swim Class \$ TE ++ 5:30pm (1.5 hr)	Total Fitness* 90 Minutes 5:30pm (1.5 hr)	Swim Class \$ TE ++ 5:30pm (1.5 hr)	GameON Hydro Style* 5:30pm (1 hr)		
ACTV8 \$* 6:30pm (1 hr)	Pilates w/Ball +++ 6:30pm (1 hr)	ACTV8 \$* 6:30pm (1 hr)				
Candlelight Yoga 7:30pm (1 hr)	Aqua Boot Camp 7pm (1 hr)		Aqua Boot Camp 7pm (1 hr)			Twilight Hike \$ 7:30pm (1.5 hr)

HOURS OF OPERATION

MONDAY - FRIDAY
5am - 9pm

SATURDAY - SUNDAY
6am - 8pm

“Top 10 Fitness Facilities in Arizona”

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More Than 40 Energizing Classes Weekly

Please Call The Fitness Center to
Confirm Times at (602) 431-6484

ACTIVLAB Classes

\$20 Per Session

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