

# FITNESS CLASS SCHEDULE

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

## HOURS OF OPERATION

**MONDAY - FRIDAY**  
5am - 9pm

**SATURDAY - SUNDAY**  
6am - 8pm

### “Top 10 Fitness Facilities in Arizona”

Arizona Grand Athletic Club Offers  
More Than 40 Energizing Classes Weekly

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

## 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 DEFINED

**Actv8:** Small group training sessions in 15 minute intervals that provide intense yet effective techniques to aid in weight loss and improve strength, balance and flexibility. \$20 per session for non-members, \$22 per month for members.

**Family Hike:** Enjoy the beautiful Sonoran Desert with a 2 hour guided hike every Saturday through South Mountain Preserve. For all fitness levels, so bring the family. Meet at the fitness front desk (3rd level).

**Gentle Tai-Chi:** This exercise will improve posture, balance, agility, coordination, and mental focus. Enjoyable for everyone so bring the family along.

**Gentle Yoga:** Drawing on Restorative and Yin yoga styles for a deeply relaxing and renewing experience. Yoga props are used to aid in poses, and many positions are performed while lying down—making this class perfect for all fitness levels. It is especially restorative for travelers.

**H2O Aerobics:** Burns as many calories as indoor aerobics. Enjoy this outdoor water workout! Meet at fitness pool.

**Pilates:** A non-weight bearing system of physical conditioning that promotes muscle harmony by strengthening and lengthening movements. This workout will assist in flushing toxins from your body through breathing techniques.

**Pilates Ball:** This class uses mat Pilates skills and adapts them to the exercise ball.

**Spin:** Exciting and motivating workout on the spin bicycles.

**Swim Class:** A combination of swim drills and conditioning techniques are geared towards intermediate swimmers and tri-athletes. \$2/class for members, \$5/class for non-members, month passes also available.

**Tai-Chi:** This exercise will improve posture, balance, agility, coordination, and mental focus.

**Total Fitness 90 Minutes:** All levels are welcome, be prepared to sweat! Choose one, any two or all three of these workouts.

**Cycling** (30 minute cardio): This class is designed for a quick workout, aerobic training, with hill climbing and sprints, spinning to the beat of popular music.

**Hard CORE** (30 minutes core strengthening): This class will include abdominal and low back exercises and also core stability training to prepare you for any physical activity.

**Fitness Yoga:** This class in 30 minutes will focus on balance, strength and flexibility, opening up the mind and body using basic yoga postures and vinyasa flows.

**Twilight Hike:** We invite you to explore the Sonoran Desert in a new way—at night! For guided group hiking adventures, please meet at the Athletic Club. \$35 for a family of four, \$5 for each additional explorer.

**Yoga Level 1:** Focuses heavily on the principles of alignment while connecting the body, mind and heart. Combination flow/workshop style class with emphasis on alignment, breath, building balance and core strength while increasing flexibility and ease.

**Yoga:** Focuses on balancing the body, mind and emotions as well as relaxing tensions caused by over-stressed lifestyles. An enjoyable class for everyone producing good health and positive feelings.

**Zumba:** Groove to Latin and International music while burning calories and toning up in this fun, effective, and easy-to-follow dance workout.

REV 04/2015

