

# FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>Yoga*</b> 8:30am (1 hr)		<b>Yoga Level 1*</b> 8:30am (1 hr)		
<b>Pilates*</b> 9am (1 hr)					<b>Zumba*</b> 9am (1 hr)	<b>Spin*</b> 9am (1 hr)
<b>H2O Sculpt &amp; Tone*</b> 9:30am (1 hr)	<b>Tai Chi*</b> 9:30am (1 hr)	<b>H2O Sculpt &amp; Tone*</b> 9:30am (1 hr)		<b>H2O Sculpt &amp; Tone*</b> 9:30am (1 hr)	<b>H2O Aerobics*</b> 9:30am (1 hr)	
<b>Spin*</b> 10am (1 hr)				<b>Tai Chi*</b> 10am (1 hr)	<b>Spin*</b> 10am (1 hr)	<b>Yoga*</b> 10am (1 hr)
	<b>Yoga*</b> 10:30am (1 hr)		<b>Yoga*</b> 10:30am (1 hr)			
			<b>Pilates*</b> 4pm (1 hr)			
<b>Cardio &amp; Core</b> 5:30pm (1 hr)	<b>Swim Class \$ TE</b> ++ 5:30pm (1.5 hr)	<b>Cardio &amp; Core</b> 5:30pm (1 hr)	<b>Swim Class \$ TE</b> ++ 5:30pm (1.5 hr)			
	<b>Pilates*</b> 6:30pm (1 hr)					
	<b>H2O Aerobics*</b> 7:30pm (1 hr)		<b>H2O Aerobics*</b> 7:30pm (1 hr)			

## HOURS OF OPERATION

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

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

## “Top 10 Fitness Facilities in Arizona”

Arizona Grand Athletic Club Offers  
24 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

## FUN FAMILY GAMES AVAILABLE FOR RENT

**\$20 PER HOUR:** Ring Toss • Connect 4 • Checkers • Lawn Darts • Croquet

Tic Tac Toe • Corn Hole • Giant Jenga • Bananagram Scrabble • Go Gator Sprint Toss

# CLASSES DEFINED

**Cardio & Core:** This class will test your cardio ability and core strength. Whether it's Spin, Core, Yoga or combination of each, you are sure to come out stronger.

**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.

**H2O Sculpt & Tone:** Take your workout to the next level with this fun and creative class. Using the resistance of the water along with apparatus you will sculpt and tone your muscles while staying cool.

**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 Pilates mat skills and adapts them to the exercise ball.

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

**Swim Class \$ TE:** This swim class is 1.5 hours and focuses on different swimming drills and stroke techniques to make you a better triathlete. This class designed for experienced triathletes to up their game in the swim component.

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

**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.

