



Monday- Thursday
 Friday
 Saturday
 Sunday

5 am- 9 pm
 5 am- 8 pm
 6 am- 5 pm
 8 am- 4 pm

10155 E Via Linda Scottsdale AZ 85258 (480) 451-7650

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am		Adv. Spin Gina		Adv. Spin Gina			
6:00 am	Body Tone Amy		Body Tone Amy		Body Tone Amy	Adv. Spin Gina	
8:00 am	Everyday Yoga Freddy	Mat Pilates Sarah	Yoga Stretch Corrine	Mat Pilates Sarah	Yoga Flow Corrine	Body Condition Linda G.	Spin Linda G
9:00 am	Silver Sneakers Cardio Fit Megan		Silver Sneakers Muscular Strength Corinne	Zumba Linda H	Silver Sneakers Cardio Fit Megan	Zumba Daniele	
10:00 am	Silver Sneakers Muscular Strength Megan	Zumba Gold Linda H.	Silver Sneakers Muscular Strength Amy	Yoga Flow Corinne	Silver Sneakers Muscular Strength Megan	Functional Full-Body Strength Glen	Mat Pilates Sarah
11:00 am	Silver Sneakers Muscular Strength Megan	Silver Sneakers Cardio Fit Linda H.	Zumba Miri	Silver Sneakers Cardio Megan			
12:00 pm				Silver Sneakers Yoga Megan			
4:00 pm		Every Day Yoga Freddy		Every Day Yoga Freddy			
5:30 pm	Spin Lindsey	Body Condition Linda G.	Spin Amy	Body Condition Linda G.			
6:30 pm		Gentle Yoga Virginia		Zumba Tone Daniele			
7:00 pm	Zumba Theresa						

Revised 12/19/2011

Adult Taekwondo/ Tiny Tigers/ Karate 4 Kids*: Learn the ancient martial art of Taekwondo with 3-time World Champion and 4th degree black belt John Greer. Learn discipline, honor, integrity, self-defense and life skills. Students as young as 4 years of age are welcome. (Fee based class)

Zumba: Combines high-energy moves with a fusion of Latin and international music. This class is meant for participants to come and dance their worries away. This class is for everyone. Come have fun!

Body Conditioning: This class teaches total body fitness. It combines aerobic and strength training. A variety of techniques are used to establish programs that help you achieve your fitness goals.

Cardio Muscle: This class is for anybody from already fit to trying to get there. This cardio and strength training class will cover it all.

Boxing Boot Camp: Need a stress release?! Boxing will allow you to improve your endurance & conditioning, and will also allow you to learn self defense and a variety of techniques. **So let's get in shape!**

Spin: This class is a major calorie-burner., The workout will focus on increasing aerobic and muscular strength using a variety of intervals and speeds.

Advanced Spin- this class takes riders through elements of a professional training ride. Climbs, attacks intervals, pulls and time trial work. Advanced takes riders to their aerobic and anaerobic threshold.

Silver Sneakers (Cardio): This is a fun fitness class meant to improve your cardiovascular health and increase your muscular endurance power with a standing circuit workout.

Silver Sneakers (Muscular Strength): This Class utilizes hand weights, resistance bands, and mobility balls to develop upper and lower-body strength, increase balance and overall flexibility in a chair based class format.

Silver Sneakers (Yoga): A Chair-based yoga class offering a variety of postures to increase flexibility, balance and range of movement; restorative breathing exercises and a final relaxation help promote stress reduction and mental clarity. Appropriate for all levels.

Mat Pilates- Want a strong core? This class will get you there! Abs, obliques, back. We got you covered.

Yoga Flow/stretch: Class designed as a moving meditation with breath focusing on beginner poses in a vinyasa-style format; poses designed to help to control the mind, increase clarity, mental power and overall concentration. Appropriate for all levels.

Zumba Gold: This dance class is designed for the older active adult. It uses much of the same music and dance moves as the traditional Zumba class. This class is taught at a lighter intensity so that even beginners can enjoy.

Gentle Yoga: Gentle stretching using yoga poses. Beginners welcome as well as those who have yoga experience.