



**Group Fitness Schedule**  
**35<sup>th</sup> Ave & Union Hills Location**  
**3515 W. Union Hills Glendale, AZ 85308**  
**Phone 602-626-8798**  
[www.fitness1gymaz.com](http://www.fitness1gymaz.com)  
**\*\* Effective April 1st 2017 \*\***

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		<b>STARTING APRIL 11<sup>TH</sup> STEP INTERVAL Wendy</b>		<b>INTERVAL Wendy</b>			
8:00	<b>FIT FOR LIFE Marla</b>		<b>FIT FOR LIFE Marla</b>		<b>FIT FOR LIFE Marla</b>		
9:00		<b>BOOT CAMP Nancy</b>		<b>BOOT CAMP Laurie</b>	<b>CALORIE BLAST Nancy</b>	<b>BOOT CAMP Leah</b>	
PM							
5:30	<b>YOGA Linda</b>	<b>**NEW** ZUMBA Deb</b>	<b>BUTT &amp; GUT Nancy</b>	<b>R.I.P.P.E.D Carrie</b>			
6:30	<b>½ STEP ½ CORE Brenda</b>	<b>STARTING APRIL 18<sup>TH</sup> BOOT CAMP Stevie</b>	<b>**NEW** MIXXED FIT Jeff</b>	<b>POWER SCULPT Leah</b>	<b>STRETCH Larry</b>		

CONTACT: Group Fitness Coordinator – Laurie Reutter [ReutterL@hotmail.com](mailto:ReutterL@hotmail.com)  
 HOURS OF OPERATION: Monday – Thursday 4am-12am, Friday 4am-10pm, Saturday & Sunday 6am-8pm  
 FIT KIDZ (daycare): Monday – Saturday 8am-12pm, Monday – Friday 4pm-8pm  
 PLEASE NOTE: Schedules are Subject to Change. Please check with the front desk for confirmation!  
Thank You and ENJOY YOUR WORKOUT!