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Group Fitness Schedule 7th Street Location

802 E. Union Hills, Phoenix, AZ 85024 Phone (623) 582-0565

www.fitness1gymaz.com

****Effective April 1st, 2017****

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	CARDIO, CORE & MORE Sherry		POWER SCULPT Sherry	INTERVAL Ruta	STRETCH Sherry		
8:30	UPPER STRENGTH Laurie	YOGA Marla	BUTT & GUT Laurie	PILATES Maxine	MUSCLE-STEP Laurie	INTERVAL Wendy	
9:00 Thurs 9:30 Mon. & Fri	9:30-10:30 PUMP & RIDE Ruta			9-9:30 (30 min.) SPIN EXPRESS Carol	9:30- 10:30 ½ CORE ½ STRETCH Carol		
9:30	STRETCH Marla	INTERVAL Jami	MUSCLE-STEP Jami	BOOTCAMP Carol		ZUMBA Charlene "Cha Cha"	
SAT. 10:30 MON-F RI 10:35	Silver Sneakers CLASSIC Nabeegah	FIT FOR LIFE Advanced Senior Class Nancy	Silver Sneakers CLASSIC Nabeegah	FIT FOR LIFE Advanced Senior Class Faith	Silver Sneakers CARDIO FIT Nabeegah	YOGA Riva	
11:35		Silver Sneakers CLASSIC Nancy		Silver Sneakers CLASSIC Faith	Silver Sneakers YOGA Nabeegah		
PM							
5:30	MUSCLE-STEP Laurie	YOGA Riva	**NEW** R.I.P.E.D Carrie	YOGA Riva			
6:00		SPIN EXPRESS Jeanne 30 min.		SPIN EXPRESS Ruta 30 min.			
6:30	ZUMBA Charlene "Cha Cha"	TOTAL STRENGTH Mark	POWER SCULPT Charlene "Cha Cha"	ZUMBA Charlene "Cha Cha"			

CONTACT: Group Fitness Coordinator- Laurie Reutter: ReutterL@hotmail.com

HOURS OF OPERATIONS: Open Mon.. 4am til Fri. 10pm (24hrs.), Sat. and Sun. 6am-8pm

CHILDCARE: Open Mon.-Sat. 8am-12pm, Mon.-Fri. 4pm-8pm, Sun. CLOSED

PLEASE NOTE: Schedules are Subject to Change. Please check with the front desk for confirmation! Thank You and ENJOY YOUR WORKOUTS!