



**Group Fitness Schedule
Happy Valley Location**

38th Ave and Happy Valley (623) 869-0446

www.fitness1gymaz.com

**** Effective**

April 1st 2017**

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	BOOT CAMP Laurie		BOOT CAMP Laurie		BOOT CAMP Laurie		
7:30-9						BOOT CAMP/ SPIN Jen & Nancy	
PM							
5:30	PUMP & RIDE Nancy	BOOT CAMP Jen					

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

HOURS OF OPERATION: Monday - Thursday 4am-11pm, Friday 4am-10pm, Saturday & Sunday 6am-8pm

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