

Club Hours
Mon - Thurs: 5:00am-11:00pm
Friday: 5:00am-9:00pm
Sat - Sun: 6:00am-9:00pm

FITNESS FORUM

(480) 812-0200
2130 W. Chandler Blvd
NW Corner of Chandler & Dobson

February 2010 - Group Exercise Schedule

STUDIO ONE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Totally Toned Stephanie		Bring It On John		Bring it On John		
6:30am	Yoga-Lates Patty		Rise & Shine Yoga Thecla				
8:00am						Yoga-Lates Denise	
8:30am				Washboard Abs Carol			
9:00am	Zumba Melinda	Zumba Tone Melanie	Power Pump Roberta	Cardio Dance Carol	Athletic Conditioning Roberta	Step On Up (II) Roberta	
10:05am	Stability Ball & Wts Susan	Pump it Up Susan	Stability Ball & Wts Susan	Pump it Up Susan	Pilates Denise	Pump it Up Roberta/Yolanda	Flow-Style Yoga Adabelle
10:30am							
11:10am	SilverSneakers® Muscular Strength Patty	SilverSneakers® Cardio Strength Lisa	SilverSneakers® YogaStretch Helen	SilverSneakers® Cardio Strength Lisa	SilverSneakers® Muscular Strength Helen	Ages 2-5 = 11:05 Ages 6-12 = 11:35 Kidz Aerobics	
11:30am							Zumba Rhea
12:05pm	Pilates Patty	Yoga Helen	Pilates Patty	Yoga Helen	Gentle Yoga Helen		
4:30pm	Pump it up Denise	Body Blast Yolanda	4:45pm Zumba Kidz	Body Blast Patty			
5:30pm	Zumba Melinda	Core Solution Tammy	Zumba Melinda	Core Solution Tammy	ZUMBA Rhea		
6:00pm		RESIST THIS Joanne					
6:45pm	Yoga Power Hour Daisy						
7:00pm		Flow-Style Yoga Adabelle		Flow-Style Yoga Adabelle			

STUDIO TWO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am		Max Calorie Burn Tammy		Max Calorie Burn Tammy			
9:00am	Max Calorie Burn Jacki	Interval Cycling Jen	Max Caloric Burn Tammy	Interval Cycling Jen	Max Calorie Burn Stephanie	Power Cycling Denise	
4:00pm		Intro to Cycle Tammy					
4:30pm		Power Cycling Tammy		Power Cycling Tammy			
5:30pm	Power Cycling Janet		Power Cycling Stephanie/Anna				

POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am						Aqua Aerobics Rotates	12pm-6pm Family Swim
9:00am		Power Splash Connie		Power Splash Janice	Aqua Tai/Yoga Helen	SWIM LESSONS 9:30-12:30 Waterworks 480-461-3888 To sign up Lap lane still open	
9:30am	Aqua Aerobics Helen		Aqua Aerobics Helen		Aqua Aerobics Helen		
10:00am		Aqua Aerobics Janice		Aqua Aerobics Janice			
10:30am							
11:05am		Aqua Balance Janice		Aqua Balance Janice			
6:00pm	Power Splash Connie	Power Splash Patty	Power Splash Thecla	Pool Closed for Endurance Workout			Pool Closed Endurance Workout