



GROUP FITNESS SCHEDULE

Chandler/Gilbert Family YMCA

1655 W. Frye Road, Chandler, Arizona 85224 - 480 899 9622 - valleyYMCA.org

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Group Fitness Studio								
5:05-6:05a			HIIT/Core Fitness Rebekah					BUILDING HOURS Monday - Thursday 5:00 am - 10:00 pm Friday: 5:00 am - 9:30 pm Saturday: 7:00 am - 6:00 pm Sunday: 11:00 am - 4:00 pm AMAZING KIDS Monday - Thursday 7:30 am - 11:30 am 4:00 pm - 7:30 pm Friday 7:30 am - 11:30 am 4:00 pm - 7:00 pm Saturday 8:00 am - 12:00 pm Sunday CLOSED POOL HOURS Monday - Thursday 8:00 am - 10:00am 4:00 pm - 7:00 pm Friday 4:00 pm - 7:00 pm Saturday 9:00 am - 1:00 pm Sunday CLOSED
8:25-9:25a		Strength Train Together - Monica		Strength Train Together - Monica				
8:30-9:30a	Zumba Marites		Zumba Alicia		Zumba Marites			
9:00-10:00a	55 Circuit Stan S.		55 Circuit Stan S.		55 Circuit Stan S.	9:15-10:10a	Strength Train Together - Cecilia	
9:30-10:30a	Intermediate Yoga Kay	Zumba Classic Anita	Intermediate Yoga Kay	Zumba Classic Anita	Body Conditioning Monica	10:15-11:15a	Gentle Yoga Joan	
10:30-11:15a	Silver Sneakers Circuit Diane	Chair Yoga Kay	Zumba Gold Diane		55 Alive Courtney			
4:15-5:15p	Beginner Yoga Kay	Gentle Yoga Joan	Beginner Yoga Kay	Gentle Yoga Joan				
5:20-6:00p		Kids in Motion Brent		Youth Speed/Agility Brent				
5:30-6:30p	Zumba Tinisha		Cardio Sculpt Tinisha starts 9/6		Belly Dancing Leslie			
6:00-7:00p								
6:05-7:05p		Strength Train Together- Carol		Strength Train Together- Carol				
7:30-8:30p		Karate (\$) Stan H.		Karate (\$) Stan H.				
Cycle Room								
5:05-6:00a		Group Cycle Lara		Group Cycle Lara		8:05-9:00a	Group Cycle Cecilia	
9:30-10:30a	Group Cycle Cecilia		Group Cycle Jess					
5:30-6:15p			Group Cycle Express Cecilia					

Schedule is subject to change and/or cancellation without notice due to low attendance.

Updated - 08/24/2017