



# 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	
<b>Group Fitness Studio</b>									
5:05-6:05am	Strength Train Together Debra		Strength Train Together Debra					<b>BUILDING HOURS</b> 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  <b>AMAZING KIDS</b> 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 closed due to seasonal hours	
8:25-9:25am		Strength Train Together - Cecilia		Strength Train Together - Monica					
8:30am-9:25am	Zumba Marites		Zumba Alicia		Zumba Marites				
9:00-9:55am	55 Circuit Stan S.		55 Circuit Stan S.		55 Circuit Stan S.	9:10-10:10am	Strength Train Together - Cecilia		
9:30-10:25am	Intermediate Yoga Kay	Zumba Classic Anita	Intermediate Yoga Kay	Zumba Classic Anita	Body Conditioning Monica	10:20-11:20am	Gentle Yoga Joan		
10:30-11:15a	Silver Sneakers Circuit Courtney	Chair Yoga Kay	Zumba Gold Marites		55 Alive Monica				
4:15-5:15p	Beginner Yoga Kay	Gentle Yoga Joan	Beginner Yoga Kay	Gentle Yoga Joan					
5:20-6:00p		kids Zumba starts 1/16		kids Zumba					
5:30-6:30p	Zumba Tinisha		Cardio Sculpt Tinisha		Belly Dancing Leslie				
6:05-7:05p		Strength Train Together Carol		Strength Train Together Carol					
6:30-7:15pm	Boot Fitness Brent		Boot Fitness Brent						
7:30-8:30p		Karate (\$) Stan H.		Karate (\$) Stan H.					
<b>Cycle Room</b>									
5:05-6:00am		Group Cycle Lara		Group Cycle Lara					
8:00-8:55am					Group Cycle Sharon				
9:30-10:25am	Group Cycle Cecilia		Group Cycle Cecilia			8:05-9:00a	Group Cycle Cecilia		
4:30-5:25pm		Group Cycle Robin							
5:30-6:25pm	Group Cycle Julia		Group Cycle Robin			9:30-10:15a	Cycle Express Carol		

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

Updated - 12/21/2017