



# 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>								
5:05-5:30am			H.I.T.T. Rebekah					<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
5:35-6:05am			Core Focus Together Rebekah					
8:25-9:25am		Strength Train Together - Monica		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 in Motion Alternate		Youth Speed/Agility Alternate				
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 (starts 11/6)		Boot Fitness Brent (starts 11/6)					
7:30-8:30p		Karate (\$) Stan H.		Karate (\$) Stan H.				
<b>Cycle Room</b>								
5:05-6:00am		Group Cycle Lara		Group Cycle Lara				
8:30-9:25am					Group Cycle Sharon			
9:30-10:25am	Group Cycle Cecilia		Group Cycle Cecilia			8:05-9:00a	Group Cycle Cecilia	
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 - 10/27/2017