



effective 01/01/19

Desert Foothills Family YMCA GROUP FITNESS SCHEDULE

34250 N. 60th Street, Bldg. C, Scottsdale, AZ 85266 * 480-596-9622 * www.valleymca.org

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

| SUN | MON | TUES | WED | THUR | FRI | SAT | HOURS |
|--|--|---|--|---|--|-------------------------------|---|
| Cycle ▲ 9:15-10:10 | STRENGTH TRAIN TOGETHER 5:30-6:30 | Cycle ▲ 5:30-6:20 | STRENGTH TRAIN TOGETHER 5:30-6:30 | Cycle ▲ 5:30-6:20 | STRENGTH TRAIN TOGETHER 5:30-6:30 | Yoga 8:00-9:00 | Building |
| STRENGTH TRAIN TOGETHER 9:15-10:15 | Cycle ▲ 8:00-8:50 | Barre Above 7:15-8:15 | Cycle ▲ 8:00-8:50 | Barre Above 7:15-8:15 | Holy Yoga 7:30-8:30 | Cycle ▲ 9:00-9:50 | Monday-Thursday 5am-9pm |
| BODYFLOW@ 10:30-11:30 | AOA - G 8:00-9:00 | Jump Start ** 8:30-9:15 | AOA - G 8:00-9:00 | Jump Start ** 8:30-9:15 | Cycle ▲ 8:00-8:50 | ACTIVE TOGETHER 9:15-10:15 | Friday 5am-8pm |
| Zumba 11:45-12:45 | Jump Start** 8:15-9:00 | Step 'n Strength 8:30-9:30 | Jump Start** 8:15-9:00 | ACTIVE TOGETHER 8:30-9:30 | AOA - G 8:00-9:00 | H2O Fitness * 9:15-10:15 | Saturday 7am-6pm |
| | Jump Start** 9:15-10:00 | Jump Start** 9:30-10:15 | Jump Start** 9:15-10:00 | Jump Start** 9:30-10:15 | Jump Start** 8:15-9:00 | 20/20/10 10:30-11:30 | Sunday 7am-5pm |
| | Cycle ▲ 9:30-10:20 | Cycle ▲ 9:45-10:35 | Cycle ▲ 9:30-10:20 | Cycle ▲ 9:45-10:35 | STRENGTH TRAIN TOGETHER-X 9:00-9:45 | | |
| | STRENGTH TRAIN TOGETHER 9:45-10:45 | 20/20/10-X 9:45-10:35 | STRENGTH TRAIN TOGETHER 9:45-10:45 | 20/20/10-X 9:45-10:35 | Jump Start** 9:15-10:00 | | Amazing Kids |
| SYMBOL KEY | H2O Tabata* 10:00-11:00 | H2O Fitness * 10:00-11:00 | H2O Tabata* 10:00-11:00 | H2O Fitness * 10:00-11:00 | Cycle ▲ 9:30-10:20 | | Monday-Wednesday 8am-8:15pm |
| *Meets in Pool | Zumba in the Circuit** 10:15-11:00 | Yoga 10:45-11:45 | Zumba in the Circuit** 10:15-11:00 | Yoga 10:45-11:45 | Boot Camp \$ - G 9:30-10:30 | | Thursday 8am-8pm |
| **Meets in Fitness Zone | BODYFLOW@ 11:00-12:00 | Mat Pilates 12:00-1:00 | BODYFLOW@ 11:00-12:00 | Mat Pilates 12:00-1:00 | H2O Fitness * 10:00-11:00 | | Friday 8am-7pm |
| ▲ Meets in Cycle Room | Barre Above 12:15pm-1:15pm | Zumba Gold 1:15-2:15 | Barre Above 12:15pm-1:15pm | Zumba Gold 1:15-2:15 | Sh'Bam 10:00-10:45 | | Closes at 6pm the 3rd Friday of month |
| G - Meets in Gym Express Class | X- Gentle Yoga 1:30-2:30 | | Gentle Yoga 1:30-2:30 | | Barre Above 11:00-12:00 | | Saturday 8am-2pm Sunday 9am-1pm |
| \$ Fee based | | | | | | | |
| Evening Fitness Classes | | | | | | | Pool |
| | Boot Camp \$ - G 5:00-6:00 | Youth Conditioning 4:15 - 5:00 | Boot Camp \$ - G 5:00-6:00 | Youth Conditioning 4:15 - 5:00 | Yoga 4:15-5:15 | | Monday/Wednesday 6am-6pm |
| | Sh'Bam 5:00-5:45 | ACTIVE TOGETHER 5:00-6:00 | Zumba 5:00-5:45 | ACTIVE TOGETHER 5:00-6:00 | | | Tuesday/Thursday 6am-7:00pm |
| | Cycle ▲ 6:00-6:50 | Cycle ▲ 5:30-6:20 | STRENGTH TRAIN TOGETHER-X 6:00-6:45 | Cycle ▲ 5:30-6:20 | | | Friday 6am-4:00pm |
| | STRENGTH TRAIN TOGETHER-X 6:00-6:45 | DEFEND TOGETHER 6:10-7:10 | Cycle ▲ 6:00-6:50 | DEFEND TOGETHER 6:10-7:10 | | | Saturday 8am-2:00pm |
| | Yoga 7:00-8:00 | Jump Start** 6:00-6:45 | Yoga 7:00-8:00 | Jump Start** 6:00-6:45 | | | Sunday 8am-4:00pm |
| | | BODYFLOW@ 7:15-8:15 | | BODYFLOW@ 7:15-8:15 | | | Off Site Address LOD: 33175 N Cave Creek Road |
| Off-Site Classes | | | | | | | |
| | SilverSneakers Classic 10:00-10:45 Light of the Desert | Gentle/Chair Yoga 9:00 - 9:45 Light of the Desert | SilverSneakers Classic 10:00-10:45 Light of the Desert | Gentle/Chair Yoga 9:00 - 9:45 Light of the Desert | SilverSneakers Classic 10:00-10:45 Light of the Desert | | Carefree Sundial 8 Sun Dial Circle Carefree |
| | Yoga in the Gardens 11:00-12:00 | | | | | | |