



effective 02/01/19

# Desert Foothills Family YMCA GROUP FITNESS SCHEDULE

34250 N. 60th Street, Bldg. C, Scottsdale, AZ 85266 \* 480-596-9622 \* www.valleyymca.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	<b>Building</b>
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	<u>Monday-Thursday</u> 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	<u>Friday</u> 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	<u>Saturday</u> 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	<u>Sunday</u> 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		<b>Amazing Kids</b>
<b>SYMBOL KEY</b>	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		<u>Monday/Wednesday</u> 7:45am-8:15pm Club: 4:00-6:30pm
*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	Total Body Training - G 9:30-10:15		<u>Tuesday/Thursday</u> 8am-8:15pm
**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		<u>Tuesday/Thursday</u> 8am-8:15pm
▲ 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		<u>Friday</u> 7:45am-7pm 1st, 3rd, 4th Friday 6:00-10:00pm for Parent's Night Out
G - Meets in Gym X - Express Class	Gentle Yoga 1:30-2:30		Gentle Yoga 1:30-2:30		Barre Above 11:00-12:00		
<b>Evening Fitness Classes</b>							
	Total Body Training - G 5:00-5:45	Youth Conditioning 4:15 - 5:00	Total Body Training - G 5:00-5:45	Youth Conditioning 4:15 - 5:00	Yoga 4:15-5:15		<u>Saturday</u> 8am-2pm <u>Sunday</u> 9am-1pm
	Sh'Bam 5:00-5:45	ACTIVE TOGETHER 5:00-6:00	Zumba 5:00-5:45	ACTIVE TOGETHER 5:00-6:00			<b>Pool</b>
	Cycle ▲ 6:00-6:50	Cycle ▲ 5:30-6:20	STRENGTH TRAIN TOGETHER-X 6:00-6:45	Cycle ▲ 5:30-6:20			<u>Monday-Thursday</u> 6am-7pm
	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			<u>Friday</u> 6am-5:30pm
	Yoga 7:00-8:00	Jump Start** 6:00-6:45	Yoga 7:00-8:00	Jump Start* * 6:00-6:45			<u>Saturday</u> 7am-4:00pm
		BODYFLOW@ 7:15-8:15		BODYFLOW@ 7:15-8:15			<u>Sunday</u> 8am-4:00pm
<b>Off-Site Classes</b>							
	SilverSneakers Classic 9:00-9:45 Light of the Desert	Gentle/Chair Yoga 9:00 - 9:45 Light of the Desert	SilverSneakers Classic 9:00-9:45 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		<b>Off-Site Address</b>
	SilverSneakers Classic 10:00-10:45 Light of the Desert		SilverSneakers Classic 10:00-10:45 Light of the Desert				LOD: 33175 N. Cave Creek Rd
	Yoga in the Gardens 11:00-12:00						Carefree Sundial 8 Sun Dial Circle Carefree



ALL IN is an 8-week challenge where you can earn points and win prizes for participating in group exercise and bringing guests! Attend Strength Train Together and receive 2 points per class! For more information, visit the Welcome Center!

