



GROUP FITNESS SCHEDULE - Winter 2018

Watts Family Maryvale YMCA

3825 N.67th Ave. 623.873.9622 www.valleyYMCA.org

FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
Fitness Studio							
8:00am-9:00am	ZUMBA	Strength & Conditioning	Cardio Step	Strength & Conditioning	ZUMBA		
9:00am - 10:00am	Cardio Step	Silver Sneakers Classic	Defend Together	Silver Sneakers Classic	Tabata	9:00am-10:00am	
10:00am - 11:00am	Cardio Dance	Cardio Dance	Cardio Dance	STRONG BY ZUMBA®	ZUMBA	10:00am-11:00am	Tabata
5:00pm-6:00pm	Cardio Dance	Cardio Step	Cardio Dance	STRONG BY ZUMBA®			
5:30pm-6:30pm					ZUMBA		
6:00pm-7pm	Zumba Toning	STRONG BY ZUMBA®	ZUMBA	ZUMBA			
7:00pm-8:00pm	ZUMBA	Kickboxing	Defend Together	Cardio Dance			
Muti-Purpose Room							
8:30am-9:30am	Group Cycle	Group Cycle		Group Cycle	Group Cycle		
5:00pm-6:00pm							
6:00pm - 7:00pm	Group Cycle						
6:30pm-7:30pm		Circuit Training					
7:00pm - 8:00pm	Group Cycle/Circuit						
7:15pm - 8:00pm			Group Cycle				
Gymnasium							
9:00am - 10:00am	Yoga	Circuit Training	Yoga		Yoga		
6:00pm - 7:00pm							

AMAZING KIDS/THE CLUB

MONDAY - THURSDAY
8 am - 12 pm
4 pm - 8 pm

FRIDAY
8 am -12pm
4:00pm - 6:45pm

SATURDAY
9:00AM - 12:00PM

BUILDING HOURS

MONDAY - THURSDAY
5:30 am - 9 pm

FRIDAY
5:30 am - 7pm

SATURDAY
8am - 4 pm

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

Updated: 11/24/18