



GROUP FITNESS SCHEDULE Winter 2019

Northwest Valley Family YMCA

12450 W Cinnabar Ave., El Mirage, AZ 85335 - 602-688-5335 - www.valleymca.org

FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Fitness Room						
8:00a						
9:00a	Strength Train Together 9:00-10:00am	Zumba 9:00 - 9:50 am	Strength Train Together 9:00-10:00am	Zumba 9:00 - 9:50 am	Strength Train Together 9:00-10:00am	Zumba 9:00- 9:50am
10:00a	Zumba 10:15-11:00am	Balance & Flex together 10:00 -11 am	Total Tabata 10:15-11:00am	Balance & Flex together 10:00 -11 am	Zumba 10:15-11:00am	Yoga Flow 10:00- 11:00 am
11:15a	Silver Sneakers Classic 11:15am-12:15pm	Silver Sneakers Classic 11:15am-12:15pm	50 & Fit 11:15-12	Silver Sneakers Classic 11:15am-12:15pm	Zumba Gold 11:15am-12:15pm	
11:45a						
12:15p						
4:30p						KARATE & SWORDS 1:30pm-4:00pm <i>*Additional cost</i>
5:00p		Total body Conditioning 5:35-6:25pm	Zumba 5:00-5:50 pm	Total body Conditioning 5:35-6:25pm	Zumba 5:00 -5:50 pm	
6:00p	Zumba 6:00-6:55pm	Zumba 6:35-7:30	KARATE & SWORDS <i>*additional cost</i>	Zumba 6:35-7:30pm	KARATE <i>*additional cost</i>	
7:00p	Cardio Kick & Step 7:00-8:00pm	P90X 7:30-8:15				
Gym						
9:00a		Seated Strength 9:00am		Seated Strength 9:00am		
Community Room						
	Group Cycle 6:30-7:15 am	Group Cycle 6:05- 6:55 am Kelly	Group Cycle 6:30-7:15 am Cyndy	Group Cycle 6:05- 6:55 am Kelly		
				Cycle 6:30pm-7:25pm Tish		

BUILDING HOURS
Monday - Thursday:
6am - 9 pm
Friday:
6am - 8pm
Saturday
8 am - 5 pm
Sunday:
12pm - 4pm

AMAZING KIDS
Monday - Thursday
8 am - 12 pm
4 pm - 8 pm
Friday:
8 am - 12 pm
4 pm - 7 pm
Saturday
9 am - 1 pm

CLUB 5-11
Monday - Thursday:
4 pm - 8 pm
Friday:
4 pm- 7pm
Saturday
9 am - 1 pm

Winter 2019 GROUP FITNESS SCHEDULE

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

Updated 12/19/2018