



JANUARY 2019 GROUP FITNESS SCHEDULE

Scottsdale/Paradise Valley YMCA

6869 E. Shea Blvd, Scottsdale, AZ 85254 - 480-951-9622 - www.valleymca.org

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

START TIME (M-F)	Monday	Tuesday	Wednesday	Thursday	Friday	START TIME (Sat/Sun)	Saturday	Sunday	HOURS	
5:30 - 6:25AM		Total Body Conditioning Studio #1		Total Body Conditioning Studio #1					<p>BUILDING HOURS Monday - Friday 5:00AM - 9:00PM</p> <p>Saturday 7:00AM-6:00PM</p> <p>Sunday 8:00AM-4:00PM</p> <hr/> <p>AMAZING KIDS Monday-Thursday 8:20AM-12:00PM 4:30PM-7:30PM</p> <p>Friday 8:20AM - 12:00PM</p> <p>Saturday 8:00AM-1:00PM</p> <p>Sunday 9:00AM-12:00PM</p> <hr/> <p>CLUB 8.11 Monday - Thursday 4:30PM-7:45PM</p> <p>Saturday 8:00AM-1:00PM</p> <p>Sunday 9:00AM-12:00PM</p> <hr/> <p>SEASONAL POOL Closed</p>	
6:30 - 7:30AM		Power Vinyasa Flow Yoga Studio #3			Power Vinyasa Flow Yoga Studio #3					
8:30 - 9:25AM	Strength Train Together Studio #1	Zumba Studio #1	Active Together Studio #1	Zumba Studio #1	Active Together Studio #1	8:30 - 9:25AM	Total Body Cond. Studio #1			
8:30 - 9:25AM	Core Blast Studio #3 9:00 - 9:30	Boot Camp \$40/mo Fitness Floor	Mat Pilates Studio #3	Boot Camp \$40/mo Fitness Floor	Mat Pilates Studio #3	8:30 - 9:25AM	Gentle Yoga Studio #3			
9:40 - 10:35AM	Tabata Studio #1 9:40-10:25	Strength Train Together Studio #1	Tabata Studio #1 9:40-10:25	Strength Train Together Studio #1	Zumba Studio #1	9:40 - 10:35AM	Strength Train Together Studio #1	Zumba Studio #1		
9:40 - 10:35AM	AART Jump Start Room (1) 9:15 - 10:00am (2) 10:15-11:00am	Gentle Yoga Studio #3	AART ----- Power Yoga Studio #3	Gentle Yoga Studio #3	AART Jump Start Room (1) 9:15 - 10:00am (2) 10:15 - 11:00am	9:40 - 10:35AM		Balance & Flex Together Studio #3		
10:50 - 11:45AM	Yoga Flow Studio #1	Foam Roll & Stretch Studio #1	Tai Chi Studio #1 11:00-11:55	Foam Roll & Stretch Studio #1	Yoga4All Levels Studio #1 10:50-12:05	10:50 - 11:45AM		Gentle Yoga Studio #1		
10:50 - 11:45AM	Yoga Pulse Studio #3	Full Body Burn Studio #3	Yoga Pulse Studio #3	Full Body Burn Studio #3		10:40- 11:55AM	Heated Yoga Studio #1			
12:30 - 1:15PM		Silver Sneakers Classic Studio#1		Silver Sneakers Classic Studio#1		12:00 - 12:55 PM	Zumba Studio #1 12:00-12:55			
1:30 - 2:25PM	Active Older Adults Studio 1	Zumba Studio #1		Zumba Studio #1	Active Older Adults Studio #1	1:00 - 1:55PM	Tai Chi Studio #1 1:00-1:55			
4:00 - 5:00PM	Youth Conditioning \$75/month Fitness Center	Youth Conditioning \$75/month Fitness Center	Youth Conditioning \$75/month Fitness Center	Youth Conditioning \$75/month Fitness Center						
5:30 - 6:25PM	Zumba Studio #1	Strength Train Together Studio #1	Zumba Studio #1	Muscle & Movement Studio #1						
6:30 - 7:25PM	HIIT Studio #1 6:30-7:15	Modern Yoga Heated Studio #3	HIIT Studio #1 6:30-7:15	Modern Yoga Heated Studio #3						
Cycle Room Studio #2										
5:30 - 6:25AM		Bike & Body Studio #2	Cycle Studio #2	Cycle Studio #2	Cycle Studio #2	7:30 - 8:25AM	Cycle Studio #2			
9:40 - 10:35AM	Cycle Studio #2		Cycle Studio #2		Cycle Studio #2	8:30 - 9:25AM		Cycle Studio #2		
5:30 - 6:30PM		Cycle Studio #2		Cycle Studio #2						

***Class Schedule/Instructor Subject To Change

Boot Camp \$40 / month - register at the Welcome Center

Youth Conditioning \$75/month - register at the Welcome Center

All New Members get a free 30 minute consult with a Personal Trainer - sign up at the Welcome Center

Updated as of
12/18/2018