



****MEMORIAL DAY** 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 5/27 Memorial Day	Tuesday	Wednesday	Thursday	Friday 5/24	Start Time Sat/Sun	Saturday 5/25	Sunday 5/26	HOURS	
5:30 - 6:25AM		Total Body Conditioning Studio #1		Total Body Conditioning Studio #1					BUILDING HOURS Monday 7a-1pm Tuesday - Friday 5:00AM - 9:00PM Saturday 7:00AM-6:00PM Sunday 8:00AM-4:00PM AMAZING KIDS Monday 9AM-12PM Tuesday-Thursday 8:20AM-12:00PM 4:30PM-7:30PM Friday 8:20AM - 12:00PM Saturday 8:00AM-1:00PM Sunday 9:00AM-12:00PM CLUB 8.11 Monday - Thursday 4:30PM-7:45PM Saturday 8:00AM-1:00PM Sunday 9:00AM-12:00PM SEASONAL	
6:30 - 7:30AM		Power Vinyasa Flow Yoga Studio #3								
8:30 - 9:25AM		Zumba Studio #1	Strength Train Together Studio #1	Zumba Studio #1		8:30 - 9:25AM				
8:30 - 9:25AM		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	BOOT CAMP Studio #1 9:30- 10:30am	Strength Train Together Studio #1	Tabata Studio #1 9:40-10:25	Strength Train Together Studio #1		9:40 - 10:35AM				
9:40 - 10:35AM		Gentle Yoga Studio #3	AART Jump Start Room Power Yoga Studio #3	Gentle Yoga Studio #3		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			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				
1:30 - 2:25PM		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						
5:30 - 6:25PM		Strength Train Together Studio #1	Zumba Studio #1	Muscle & Movement Studio #1						
6:30 - 7:25PM		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	SUPER CYCLE 9-10:30am		Cycle Studio #2		Cycle Studio #2	8:30 - 9:25AM				



Please use the tablet to check in to class per YMCA policy. Thank you!

Updated as of
 05/17/2019