



WINTER GROUP FITNESS SCHEDULE

Tempe Family YMCA

7070 S. Rural Road, Tempe, AZ 85283

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio A						
	5:30am-6:00am Condition Together Rebekah		5:30am-6:00am Condition Together Rebekah			10:00am-11:00am Active Together Alyssa
7:00am-8:00am Silver Sneakers Circuit Donna	8:00am-9:00am NEW! Bollywood Hiral	7:00am-8:00am Silver Sneakers Circuit Donna	8:00am-9:00am NEW! Bollywood Hiral	7:00am-8:00am Silver Sneakers Circuit Kristie		<p>FACILITY HOURS Monday - Thursday: 5:00 am - 10:00 pm Friday: 5:00 am - 9:00 pm Saturday: 7:00 am - 7:00 pm Sunday: 8:00 am - 2:00 pm</p> <p>AMAZING KIDS Monday - Thursday: 8:00 am - 12:00pm & 4:00 pm - 8:00pm Friday: 8:00am - 12:00pm Saturday: 7:45am - 12:00 pm Sunday: CLOSED</p> <p>JUMPSTART CIRCUIT Mon/Wed/Fri: 9:05am & 10:05am Tue/Thur: 6:00pm</p> <p>*Schedule Effective: 1/29/2019</p>
	9:00am-10:00am Yoga Flow Rebekah		9:00am-10:00am Yoga Flow Rebekah	8:30am-9:30am Active Together Lynette	8:00am-8:55am Zumba Krysta	
8:50am-9:50am Strength Train Together Daniela	10:00am-10:30am Core Focus Together Daniela	8:50am-9:50am Strength Train Together Rebekah	10:00am-10:30am Core Focus Together Daniela	9:45am-10:15am Core Focus Together Daniela	9:00am-10:00am Strength Train Together Rebekah	
10:00am-11:00am Healthy Back Yoga Donna	10:30am-11:30am Active Together Lynette	10:00am-11:00am Healthy Back Yoga Donna	10:30am-11:30am Active Together Micki		10:10am-11:10am Yoga Flow Rebekah	
11:15am-12:10pm Silver Sneakers Circuit Jeanne	12:15pm-1:15pm Group Meditation Gena	11:15am-12:10pm Silver Sneakers Circuit Jenny	12:15pm-1:10pm Chair Yoga Mary	11:15am-12:10pm Silver Sneakers Circuit Jane	1:30pm-2:30pm Tai Chi Beginner Lynette	
12:15pm-1:10pm Silver Sneakers Classic Jeanne		12:15pm-1:10pm Silver Sneakers Classic Jenny		12:15pm-1:10pm Silver Sneakers Classic Jane		
1:30pm-2:30pm Tai Chi Lynette	5:30pm-6:00pm Core Focus Together Daniela	1:30pm-2:30pm Tai Chi Lynette	5:00pm-6:00pm Mat Pilates Cameron			
5:30pm-6:30pm Zumba Krysta	6:00pm-7:00pm Defend Together Stephen	5:30pm-6:30pm NEW! Bollywood Hiral	6:00pm-7:00pm Defend Together Stephen	5:30pm-6:30pm Boot Camp Cameron		
6:30pm-7:30pm Strength Train Together Rebekah		6:30pm-7:30pm Balance & Flex Alyssa		6:30pm-7:30pm Yin Yoga Cameron		
Studio B						
5:30am-6:15am Group Cycle Heidi				5:30am-6:15am Group Cycle Heidi	8:00am-8:55am Group Cycle Heidi	
5:30pm-6:15pm Cycle Express Sharon	4:30pm-5:25pm Group Cycle Heidi					
6:30pm-7:30pm Yoga Flow Cameron	6:00pm-7:00pm Jujitsu for Kids		6:00pm-7:00pm Jujitsu for Kids			