

November Fitness Class Schedule

Studios Phone: 623-935-6752

TF Fit Ctr Phone: 623-935-6740

Hrs: M-Wed 8am-4pm;

Th-Sat 8am-noon

All Classes \$6.00 (\$4.50 w/prepaid package) unless specified

Guests may not use discounted package

	Studio #1	Studio #2	Studio #3	Eagles Nest Pool	
Starts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00	Hydro Challenge - TF w/ Janet	Hydro Challenge-TF w/ Janet	Hydro Challenge-TF w/ Janet		
	Classic Aerobics w/ Helen	Stability Strong w/ Helen	Classic Aerobics w/ Helen	Stability Strong w/ Helen	Classic Aerobics w/ Helen
	Strictly Strength w/ Sonia	Beginner Yoga w/ Alan	Strictly Strength w/ Sonia	Beginner Yoga w/ Alan	Strictly Strength w/ Sonia
			Stillness in Motion/Tai Chi w/ Charlie		
9:00	Strength & Conditioning w/ Sonia	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Hydro Challenge - TF w/ Shirleen	Aqua Zumba-TF w/ Helen
	Yoga Flow w/ Becca	Yin Yoga w/ Laine	Zumba w/ Cindy	Zumba w/ Helen	Strength & Conditioning w/ Sonia
10:00	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Chair Yoga w/ Karen	Mobility/Pilates w/ Kathryn
	Pilates/Barre w/ Becca	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	Pilates w/ Shirleen	Seated Combo w/ Becca
		Stretch & Strength (NEW) w/ Sonia		Stretch & Strength (NEW) w/ Sonia	
11:00	Gentle Cardio Strength w/ Patti	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Patti	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Patti
	HapKiDo w/ Michael	Country Fitness w/Cortney	HapKiDo w/ Michael	xxx	Cardio Dance (Special) w/ Carla
12:00					
1:00	Strong Foundation w/ Helen (ends 11/17)	Zumba Chair w/ Cindy			
	1:00 Hydro Challenge-TF w/ Janet				
2:00		Yin & Meditation w/ Stephanie	Slow Flow w/ Stephanie		
2:30		Aqua Zumba w/ Helen (EN Pool)	Aqua Zumba w/ Barbara (EN Pool)	Aqua Zumba-TF w/ Cindy (Outdoor Pool)	Weather permitting, Hydro classes will remain outside.
3:00	Unwind Body & Mind w/ Laine		Yin Yoga w/ Laine		3 week special - Cardio Dance, 11/ 1,8,15
					NEW - Stretch & Strength T/Th starts 11/18

RESERVATIONS REQUIRED: www.supersaas.com/schedule/login/PebbleCreek_Fitness/