

April Fitness Class Schedule

Studios Phone: 623-935-6752
 TF Fit Ctr Phone: 623-935-6740
 EN Fitness Ctr Phone 623-935-6783

Hrs: M-Sat 8am-4pm;
 Sun 8-12pm

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	SATURDAY
7:00	Total Body Conditioning w/ Carla		Total Body Conditioning w/ Carla			
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	Cardio/Strength Combo w/ Jennifer
	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	Core Combo Yoga w/ Becca
	Yoga Flow w/ Becca	Yin Yoga w/ Laine	Zumba w/ Cindy	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Zumba w/ Cindy
		Cardio/Strength Combo w/ Jennifer		Yin Yoga w/ Laine	Cardio Dance w/ Carla	
				Cardio/Strength Combo w/ Jennifer		
10:00	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Seated Combo w/ Becca
	Pilates/Barre w/ Becca	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	
		Total Body Stretch & Balance w/ Jennifer		Total Body Stretch & Balance w/ Jennifer		
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	Dance Fusion Studio #2 11-2		
12:00	Line Dance Club/Dance Fusion				HapKiDo w/ Michael	
1:00	Hydro Challenge - EN w/ Janet	Cardio Dance (Returns) w/ Carla	Dance Fusion	Dance Fusion Studio #2 11-2, Golf 1-2:30 #3	Closed Easter Sunday - 4/5	
2:00	Line Dance Club/Dance Fusion	Yin & Meditation w/ Stephanie	Slow Flow w/ Stephanie	Ballroom Dance 2-4, Studio #1, Golf 1:2:30 #3	Events- Floating Sound Bath- 4/3 - Oasis Pool Bunny Hop - 4/4 - EN Yoga Nidra - 4/23 - 4pm Studios	
2:30	Line Dance Club/Dance Fusion	Aqua Zumba - EN w/ Helen	Aqua Zumba-EN w/ Cindy	Aqua Zumba-EN w/ Cindy		
3:00	Unwind Body & Mind w/ Laine		Yin Yoga w/ Laine	Ballroom Dance 2-4, Studio #1	Returning - Cardio Dance at 1pm on Tuesdays	

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