


May 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
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	Cardio Strength Combo w/ Jennifer
	Yoga Flow w/ Becca	Yin Yoga w/ Laine	Zumba w/ Cindy	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Zumba w/ Cindy
				Yin Yoga w/ Laine		
10:00	20/20/20 w/ Jennifer	Chair Yoga w/ Karen	20/20/20 w/ Jennifer	Chair Yoga w/ Karen	20/20/20 w/ Jennifer	
	Pilates/Barre w/ Becca	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	
11:00	Gentle Cardio Strength w/ Cindy	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Cindy	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Cindy	
	HapKiDo w/ Michael	Country Fitness w/Cortney	HapKiDo w/ Michael	Dance Fusion Studio #2 11-2		
12:00	Line Dance Club/Dance Fusion					
1:00	Hydro Challenge - EN w/ Janet		Dance Fusion	Dance Fusion Studio #2 11-2, Golf 1: 2:30 #3	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: left;"> <p>Studios are CLOSED May 25th for Memorial Day</p>  </div> </div>	
2:00	Line Dance Club/Dance Fusion	Yin & Meditation w/ Stephanie		Ballroom Dance 2-4, Studio #1, Golf 1:2:30 #3		
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	<p>Yoga Nidra - Thursday, May 14</p>	

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