

July 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	TF 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	
		Beginner Yoga w/ Alan		Beginner Yoga w/ Alan		
9:00				Hydro Challenge - TF w/ Shirleen	Aqua Zumba-TF w/ Cindy	
	Cardio Strength Combo w/ Jennifer	Zumba w/ Helen	Cardio Strength Combo w/ Jennifer	Zumba w/ Helen	Cardio Strength Combo w/ Jennifer	Cardio Strength Combo w/ Jennifer
	Yoga Flow w/ Becca	Yin Yoga w/ Stephanie	Zumba w/ Cindy	Yin Yoga w/ Stephanie		Zumba w/ Cindy
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	Strength & Stretch (NEW) w/ Shirleen	Sit & Fit w/ Shirleen	Strength & Stretch (NEW) w/ Shirleen	Sit & Fit w/ Shirleen	
11:00	Gentle Cardio Strength w/ Cindy	Balance Plus w/ Janet	Gentle Cardio Strength w/ Cindy	Balance Plus w/ Janet	Gentle Cardio Strength w/ Cindy	
		Country Fitness w/Cortney		Dance Fusion Studio #2 11-2		
12:00	Line Dance Club/Dance Fusion				Due to closure of Eagle's Nest Fitness Center for renovations, there will be no afternoon aqua classes.	
1:00			Dance Fusion	Dance Fusion Studio #2 11-2		
2:00	Line Dance Club/Dance Fusion	Yin & Meditation w/ Stephanie		Ballroom Dance 2-4, Studio #1		
2:30	Line Dance Club/Dance Fusion					
3:00	Yoga - Gentle Flow w/ Stephanie		Stretch/Balance w/ Jennifer	Ballroom Dance 2-4, Studio #1	Studios are closed on July 4th - No classes	

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