

September 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	EN 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	Hydro Challenge (New Time) w/ Helen		
	Classic Aerobics w/ Helen	Stability Strong w/ Helen	Classic Aerobics w/ Helen	(Coming in Oct-Strength) w/ Carla	Classic Aerobics w/ Helen	
	Strictly Strength w/ Sonia (Starts 9/14)	Beginner Yoga w/ Alan	Strictly Strength w/ Sonia (Starts 9/14)	Beginner Yoga w/ Alan	Strictly Strength w/ Sonia (Starts 9/14)	
	TRX - Advanced w/ Jennifer	TRX w/ Jamie	TRX - Advanced w/ Jennifer	TRX w/ Jamie		TRX (NEW) w/ Jennifer
9:00			Hydro Challenge - TF (NEW) w/ Helen		Aqua Zumba-TF w/ Cindy	
	Strength & Conditioning w/ Sonia	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Zumba w/ Helen	Strength & Conditioning w/ Sonia	Cardio Strength Combo w/ Jennifer
	Yoga Flow w/ Becca	Yin Yoga w/ Laine	Zumba w/ Cindy	Yin Yoga w/ Laine	(Coming in OctCardio Dance) w/ Carla	Zumba w/ Cindy
	TRX - Basic (NEW) w/ Jennifer		TRX - Basic (NEW) w/ Jennifer			
10:00	Strength, Core, Stretch w/ Jennifer	Chair Yoga w/ Karen	Strength, Core, Stretch w/ Jennifer	Chair Yoga w/ Karen	Strength, Core, Stretch w/ Maggie	
	Pilates/Barre w/ Becca	Strength & Stretch w/ Shirleen	Sit & Fit w/ Helen	Strength & Stretch w/ Shirleen	Sit & Fit w/ Helen	
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	
	Hap Ki Do (Returns) w/ Michael	Country Fitness w/Cortney	Hap Ki Do (Returns) w/ Michael	Dance Fusion Studio #2 11-2		
12:00	Line Dance Club/Dance Fusion			Dance Fusion Studio #2 11-2		
1:00	Line Dance Club/Dance Fusion	Pilates (NEW) w/ Stephanie	Dance Fusion	Pilates (NEW) w/ Stephanie		
2:00	Line Dance Club/Dance Fusion	Yin & Meditation w/ Stephanie		Ballroom Dance 2-4, Studio #1		
2:30	Line Dance Club/Dance Fusion				(NEW) These sessions have been added for September.	
3:00	Gentle Yoga w/ Laine		Stretch & Balance w/ Laine	Ballroom Dance 2-4, Studio #1	Studios Closed for Labor Day, 9/7 - No classes	

Reservation link available on PebbleCreekHOA.org: www.supersaas.com/schedule/login/PebbleCreek_Fitness/