



GROUP FITNESS SCHEDULE

AHWATUKEE FOOTHILLS FAMILY YMCA • WINTER 2012

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN	8:00a - 8:55a Group Cycle	5:30a - 6:30a Group Cycle - GP	8:00a - 9:00a Group Cycle - KJ	5:30a - 6:30a Group Cycle - TP	5:15a - 6:15a - HW Cycle Combo	5:30a - 6:30a Group Cycle - GP	8:00a - 8:55a Group Cycle - SR/KY
		8:10a - 9:10a Zumba - AK	8:10a - 8:45a GX 35 - KS	8:00a - 9:00a Group Cycle - MB	8:00a - 9:00a Group Cycle - GP	8:30a - 9:30a Yoga Flow - SA	9:00a - 9:55a Cardio Box/Paddle
	10:00a - 10:55a Zumba - MG	9:20a - 10:15a Cardio Box - WL	9:20a - 10:15a Step It Up - JV	8:10a - 9:10a - KC/AP Extreme Strength Training	8:10a - 8:45a GX35 - KS	9:00a - 10:00a Group Cycle - MB	10:00a - 10:55a Zumba - EO/MG
		10:20a - 11:15a Tai Chi - AG	10:20a - 11:10a On the Ball	9:20a - 10:15a Cardio Box - MK	9:20a - 10:15a Step It Up - PR	9:35a - 10:30a Extreme Strength Training RC	11:00a - 11:55p Yoga/Mat Pilates
	12:00p - 1:00p Yoga - SA/GA	11:00a - 12:00p Cycle Combo - AP	11:30a - 12:15p Silver Sneakers@1 AP	10:20a - 11:15a Yoga - GH	10:20a - 11:20a Mat Pilates - GH	10:35a - 11:30a Zumba - AK	
		12:20p - 1:00p Silver Sneakers@11 Cardio Circuit - MP	4:00p - 4:45p Kidfit (Ages 3-6) - PRF	11:00a - 12:00p Cycle Combo - TP	11:30a - 12:15p - AP Silver Sneakers@	12:00p - 12:45p - AP Silver Sneakers@1 MSRM	Ask a Member Service Representative About Personal Training, Boot Camp, or Massages at the Ahwatukee Y Today!
	AQUATIC FITNESS	4:50p - 5:30p ZumbAtomic starts 11/7 (Ages 7-13) - BS	4:50p - 5:30p Yoga for Kids (Ages 7-13) - AB	4:50p - 5:30p Youth Speed & Agility (Ages 7-13) - RC	4:50p - 5:30p Kid Kick Box/Cardio (Ages 7-13) - RC	2:45p - 7:30p Ballet (Fee Based Program)	
	Shallow Water 8:45a - 9:45a Tuesday - Tina Thursday - Anne/Dawn	5:35p - 6:30p Mat Pilates - NK	5:35p - 6:30p Cardio Box - MK	5:35p - 6:30p - WL Total Body Conditioning	5:35p - 6:30p Zumba - EO	INSTRUCTOR KEY	
	Deep Water 8:45a - 9:45a Monday - Kinsey Wednesday - Sherry Friday - Kinsey/Tina	6:30p - 7:30p Group Cycle - TP	6:35p - 7:30p Yoga Flow - SA	6:35p - 7:30p Group Cycle GP	6:35p - 7:30p Yoga - GH		
		6:35p - 7:30p Zumba Toning - EO	7:35p - 8:30p Zumba - MG	6:35p - 7:30p Step 20/20/20 - JV			
	7:35p - 8:30p Hatha Yoga - GA		7:35p - 8:30p Intro. to Yoga - AH				
CLOSE	Classes are on a first come, first served basis. Arrive early to classes like Spin or Zumba to ensure you have a spot!			AMAZING KIDS CARE HOURS		AHWATUKEE Y FACILITY HOURS	
		Mon-Thurs 7:30am-8:30pm Fri. 7:30am-7:00pm Sat. 8:00am-5:00pm Sun. 10:00am-4:00pm		Mon-Thurs 5AM-10PM Fri. 5AM-9PM Sat. 6:30AM-7PM Sun. 7AM-5PM		AB - Amy Biddle AG - Anu Goyal AK - Anita Klein AP - Anne Poole AH - Annette Holmes BS - Barb Scrivner DMA - Dawn Matesi EO - Erika Ojeda GA - Georgi Anderson GH - Gladys Hunnicutt GP - Gayna Pillai HW - Heather Wolcott JV - Jackie Vatis KC - Karen Culp KY - Kim Young KK - Kinsey Kendrick	KJ - Kymmie Johnson KS - Kyle Shirley MG - Michelle Beringer MK - Monica Gellman MK - Melissa Krueger MP - Margie Poer PRF - Peggy R. Freeman NK - Nicole Koester PR - Pam Rubischko RC - Ricki Cassutt SA - Sally Appleby SF - Sherry Finzer SR - Sonya Riske TP - Tina Pyykkonen WL - Wendy Lathrop