

<i>Schedule is Subject to Change</i>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM-6:30AM		BODYPUMP@ Jenny (5:30-6:30)	Studio Cycle Beth (5:30-6:20)	BODYPUMP@ Robyn (5:30-6:30)	Studio Cycle Beth (5:30-6:20)	BODYPUMP@ Robyn (5:30-6:30)	
6:30AM-7:30AM			H2O Boot Camp Katie (Pool) (7:00-8:00) (Starts July 27)		H2O Boot Camp Katie (Pool) (7:00-8:00) (Starts July 27)	BODYFLOW@ Beth (6:45-7:45)	
7:30AM-8:30AM		Studio Cycle for Beginners Chandra (7:55-8:40)	BODYFLOW@ Vickie (7:30-8:30)	Studio Cycle Chandra (7:55-8:40)	BODYFLOW@ Vickie (7:30-8:30)	Studio Cycle Beth (7:55-8:40)	Yoga Sharon (8:00-9:00)
8:30AM-9:30AM	Studio Cycle Rotation (9:15-10:05)	Studio Cycle Kim (8:45-9:35)	BODY PUMP@ Vickie (8:45-9:45)	Studio Cycle Sharon (8:45-9:35)	BODYPUMP@ (8:45-9:45) Vickie	Studio Cycle Nora (8:45-9:35)	BODYPUMP@ Rotation (9:15-10:15)
9:30AM-10:30AM	BODYFLOW@ Rotation (10:15-11:15)	BODYPUMP@ Kim (9:45-10:45)	Roxstar Dance@ Tasha (10:00-11:00)	BODYPUMP@ Sharon (9:45-10:45)	Roxstar Dance@ Tasha (10:00-11:00)	Boot Camp Tara (9:45-10:45) Water Exercise Julie (Pool) (10:00-11:00)	
10:30AM-11:30AM		BODYFLOW@ Tara (11:00-12:00) Water Exercise Julie (Pool) (11:00-12:00)	Yoga Lynn (11:15-12:15)	BODYFLOW@ Sharon (11:00-12:00) Water Exercise Julie (Pool) (11:00-12:00)	Yoga Lynn (11:15-12:15)	Core Balance Julie (11:00-12:00)	BODYFLOW@ Rotation (10:30-11:30)
11:30AM-12:30PM	Zumba@ D'Anne (11:30-12:30)						
12:30PM-1:30PM	Adult Fitness Boxing Matt 12:30-1:30	Silver Sneakers Beth (12:30-1:15)	Studio Closed (1:15-2:00)	Silver Sneakers Beth (12:30-1:15)	Studio Closed (1:30-3:15)	Studio Closed (1:15-2:00)	
1:30PM-2:30PM		Roxstar Dance Tasha (2:00-3:00)		Roxstar Dance Tasha (2:00-3:00)			Amazing Kid's Center Hours Monday-Thursday 8:00a-8:00p (Closed 12p-2p) Friday 8:00a-6:30p (Closed 12p-2p) Saturday 8:00a-4:00p Sunday 9:00a-4:00p
2:30PM-3:30PM							
3:30PM-4:30PM							
4:30PM-5:30PM		Boxing / Bootcamp Matt / Dave (Gym) (5:00-6:00)	Studio Cycle Sharon (5:00-5:50)	Boxing / Bootcamp Matt / Dave (Gym) (5:00-6:00)	Studio Cycle Nora (5:00-5:50)		
5:30PM-6:30PM		BODYPUMP@ Sharon (6:00-7:00)	Step Sharon (6:00-6:50)	BODYPUMP@ Jenny (6:00-7:00)	Step Jamie (6:00-6:50)	Zumba@ D'Anne (5:30-6:30)	
6:30PM-7:30PM		Yoga Michele (7:15-8:30)	BODYFLOW@ Beth (7:00-8:00)	Yoga Michele (7:15-8:30)	Mat Pilates Jamie (7:00-8:00)	Cardio Circuit Dawn (6:30-7:30)	
7:30PM-8:30PM					Zumba@ D'Anne (8:05-8:55)		
8:30PM-9:00PM							



Group Exercise Schedule

BODYPUMP®	This high intensity strength class is the original Les Mills designed barbell class that strengthens your entire body. This workout will challenge all major muscle groups by using the best weight room exercise like squats, presses, lifts, and curls. Every fitness level welcome.	
BODYFLOW®	A blend of Tai Chi Yoga & Pilates, this program is strengthening and calming. Accessible to all levels.	
Boot Camp	This high-energy program includes an intense cardiovascular workout and strength training drills, and is designed for those seeking an intense boost to a regular workout routine. Develop strength, stamina and agility.	
Silver Sneakers	Take advantage of muscular strength exercise and range movement. Move through a variety of exercises designed to increase muscular strength, range of movement, and skills required during activities for daily living. Hand held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and standing support, stretching and relaxation.	
Core Balance	This class is a concentration of strength, mobility, endurance and balance.	
Studio Cycle	This high-energy group cycling class combines heart pumping music and instructor motivation with the body-changing effects of cardiovascular cycling. Work out at your own pace and enjoy the exhilaration of this challenging and inspiring exercise.	
Yoga	Yoga classes are ideal for those wishing to improve flexibility, balance and tone while strengthening core muscle groups. These no impact, low intensity workouts include stretching and core muscle training exercises. The results? Enhanced mobility, long, strong muscles, a flat stomach, strong back, improved posture and a more streamlined body. Perfect for any age or fitness level.	
BODYPUMP®	This high intensity strength class is the original Les Mills designed barbell class that strengthens your entire body. This workout will challenge all major muscle groups by using the best weight room exercise like squats, presses, lifts, and curls. Every fitness level welcome.	
ZUMBA®	ZUMBA® Fitness is like no other workout you will ever experience!! Inspired by the traditional cumbia, salsa, samba and meringue music paired with Latin rhythms, together with international dance steps, ZUMBA® Fitness has become one of the fastest-growing dance-based fitness crazes in the country, with people of all ages fall in love with its infectious music, easy-to-follow dance moves and body-beautifying benefits!	
Mat Pilates	Based on the fundamentals of Joseph Pilates' principles, this class will focus on your body core (hips, lower back and abdominals). This method of conditioning trains both body and mind with a series of exercises that focus on increasing a balance of strength and flexibility through a use of flowing movements and breathing.	
Water Exercise	Take to the water for fun and fitness! We offer a Water Exercise programs for all fitness levels—and you don't have to be a swimmer to participate! The program takes place in the shallow water. Exercising in the water provides a challenging workout in a near weightless and low impact environment.	
Pilates Reformer	Take your Pilates practice one step further with the Pilates Reformer. Three private sessions are required before participating in group classes. <i>Additional fees required.</i>	
Fitness Boxing	This challenging cardio class utilizes gloves and bags to increase your heart rate and enhance cardiovascular endurance. This is a physical contact workout.	Classes and/or class formats and/or instructors are subject to change without notice. All Classes will be held in the studio located next to the teen center unless otherwise noted.
Boxing Bootcamp	Combination of Fitness Boxing and Bootcamp.	
Step	Get a great cardio and lower body workout while learning fun combinations. Modified for beginner, intermediate and power moves.	
Cardio Circuit	This fun and challenging workout utilizes body shaping combinations and large motor cardio moves designed to build muscle, correct imbalances, enhance your posture and increases your flexibility while staying in your cardio range.	
Roxstar Dance	Look and feel like a Rock Star with this fun and motivating dance class. All the latest dance moves are paired with various genres of music. Including Rock, Pop, Latin, Hip Hop, Oldies, Broadway and more! Get ready to sweat and have a blast!	<p style="text-align: center;">Sharon Lynn Health and Wellness Coordinator slynn@vosymca.org</p> <p style="text-align: center;">For more information please visit our website at www.desertfoothillsymca.org or email us at desertfoothillsymca@vosymca.org</p>

The Desert Foothills Family YMCA
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