



GROUP FITNESS SCHEDULE

The Desert Foothills Family YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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Time	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30A-6:30A		BODYPUMP@-Robyn (5:30-6:30)	Cycle-David (5:30-6:20)	BODYPUMP@ Angela (5:30-6:30)	Cycle-David (5:30-6:20)	BODYPUMP@ Jen (5:30-6:30)	
6:30A-7:30A							
7:30A-8:30A		Cycle-Kim (7:55-8:40)	BODYFLOW@-Vickie (7:30-8:30)	Cycle-Kim (7:55-8:40)	BODYFLOW@-Vickie (7:30-8:30)	Cycle-Nora (7:55-8:40)	Yoga-Sharon (8:00-9:00)
			Jump Start (8:00-8:45) Wendy □				
8:30A-9:30A	Cycle Rotation (9:15-10:05)	Cycle-Kim (8:45-9:35)	BODYPUMP@-Vickie (8:45-9:45)	Cycle-Tara (8:45-9:35)	BODYPUMP@-Vickie (8:45-9:45)	Cycle-Nora (8:45-9:35)	Water Ex Nora/Dee*** (9:15-10:15)
		Jump Start (9:15-10:00) □	Jump Start (9:00-9:45) Wendy □	Jump Start (9:15-10:00) □	Jump Start (9:00-9:45) Wendy □		
9:30A-10:30A	BODYFLOW@ (10:15-11:15)***	BODYPUMP@-Kim (9:45-10:45)	Killer Cross Training (10:00-10:45) Rosie	BODYPUMP@-Sharon (9:45-10:45)	Sh'Bam (10:00-10:45) Sharon	Killer Cross Training Sharon (9:45-10:30)	BODYPUMP@ (9:15-10:15)***
		Water Ex-Julie (10:00-11:00)*	AbSolution (10:45-11:00) Sharon	Water Ex-Julie (10:00-11:00)*	AbSolution (10:45-11:00) Sharon	Water Ex-Nora (10:00-10:45)*	
10:30A-11:30A		BODYFLOW@-Tara (11:00-12:00)	Yoga-Lynn (11:15-12:15)	BODYFLOW@-Sharon (11:00-12:00)	Yoga-Lynn (11:15-12:15)	Core Balance-Julie (11:00-12:00)	BODYFLOW@ (10:30-11:30)***
			Water Ex-Dee (11-12)*				
11:30A-12:30P	BODYPUMP@-Jen (11:30-12:30)			Jump Start (12:15-1:00) Julie □		Jump Start (12:15-1:00) Julie □	Cycle-David (11:30-12:20)
12:30P-1:30P		Silver Sneakers-Tara (12:30-1:15)		Silver Sneakers-Tara (12:30-1:15)			
1:30P-2:30P	Zumba@ Hylari (2:00-3:00)	Zumba@-Rosie (2:00-3:00)	Sh'bam (2:00-2:45) Tara**	Zumba@-Rosie (2:00-3:00)		Sh'bam (2:00-2:45) Julie	Effective Jan 8
2:30P-3:30P						Yoga (3:15-4:15) Raye	1/5/2012
3:30P-4:30P	Amazing Kids Center Mon-Thu						Symbol Key
4:30P-5:30P	8:00a-8:00p (Closed 12p-2p)	Killer Cross Training- David (5:00-5:45)**	Cycle-Sharon (5:00-5:50)	Killer Cross Training David (5:00-5:45)**	Cycle-Nora (5:00-5:50)	Cycle-Elena (4:30-5:20)	□ Meets in the Teen Center * Meets in the Pool ** Meets in the Gym ***Rotating Instructor
	Friday	AbSolution (5:45-6:00)** David		AbSolution (5:45-6:00)** David			
	8:00a-6:30p (Closed 12p-2p)	Sh'bam (5:00-5:45) Sharon/Jen		Sh'bam (5:00-5:45) Sharon/Jen			
5:30P-6:30P	Saturday	BODYPUMP@-Sharon (6:00-7:00)	Step-Julie (6:00-6:50)	BODYPUMP@-Jen (6:00-7:00)	Step-Julie (6:00-6:50)	Zumba@-Rosie (5:30-6:30)	
6:30P-7:30P	Sunday	Yoga-Michele(7:15-8:30)	BODYFLOW@*** (7:00-8:00)	Yoga-Michele (7:15-8:30)	Zumba@-Hylari (7:00-8:00)		*Some classes may require a sign in sheet due to limited space.
	9:00a-4:00p	Adult Pick-Up Volleyball Co-Ed (7:00-9:00) FREE**					
Facility Hours >	9:00a-4:00p	5:00a-9:00p	5:00a-9:00p	5:00a-9:00p	5:00a-9:00p	5:00a-8:00p	7:00a-6:00p

Group Fitness Schedule Schedule* (Schedule Subject to Change)

Sharon Lynn - Group Fitness Coordinator

Great for the Spirit, Mind and Body