


Gymnasium Schedule (Schedule Subject to Change)		Drew Master - Sports Coordinator dmaster@vosymca.org					
	SUN	MON	TUE	WED	THU	FRI	SAT
5A-6A	Closed	Open Gym (5:00-12:00)	Open Gym (5:00-2:00)	Open Gym (5:00-2:00)	Open Gym (5:00-2:00)	Open Gym (5:00-12:00)	Closed
6A-7A							
7A-8A							
8A-9A							
9A-10A							
10A-11A	Open Gym (9:00-11:00/ 12:00-2:00) Sport Practice (11:00-4:00)	Adult Pick-Up Basketball (12:00-2:00)	Sport Games (All Day)	Sport Games (All Day)	Sport Games (All Day)	Sport Games (All Day)	Sport Games (All Day)
11A-12P							
12P-1P							
1P-2P							
2P-3P							
3P-4P	Closed	Open Gym (4:00-5:00)	Sport Practices (4:00-9:00)	Sport Practices (4:00-9:00)	Sport Practices (4:00-9:00)	Sport Practices (4:00-5:00)	Sport Games (5:00-8:00)
4P-5P							
5P-6P							
6P-7P							
7P-8P							
8P-9P	Closed	Killer Cross Training-Beth (5:00-6:00) Open Gym/ Practices (6:00-7:00) Adult Pick-Up Volleyball (7:00-9:00) FREE	Sport Practices (4:00-9:00)	Sport Practices (6:00-9:00)	Sport Practices (6:00-9:00)	Sport Practices (4:00-5:00)	Sport Games (5:00-8:00)
4P-5P							
5P-6P							
6P-7P							
7P-8P							
8P-9P	Closed	Killer Cross Training-Beth (5:00-6:00) Open Gym/ Practices (6:00-7:00) Adult Pick-Up Volleyball (7:00-9:00) FREE	Sport Practices (4:00-9:00)	Sport Practices (6:00-9:00)	Sport Practices (6:00-9:00)	Sport Practices (4:00-5:00)	Sport Games (5:00-8:00)
4P-5P							
5P-6P							
6P-7P							
7P-8P							
8P-9P	Closed	Killer Cross Training-Beth (5:00-6:00) Open Gym/ Practices (6:00-7:00) Adult Pick-Up Volleyball (7:00-9:00) FREE	Sport Practices (4:00-9:00)	Sport Practices (6:00-9:00)	Sport Practices (6:00-9:00)	Sport Practices (4:00-5:00)	Sport Games (5:00-8:00)
4P-5P							
5P-6P							
6P-7P							
7P-8P							

Pool Schedule (Schedule Subject to Change)		Rees Lauderdale - Aquatics Coordinator rlauderdale@vosymca.org			Thunder, lightning, dust or fog may close the pool.		
	SUN	MON	TUE	WED	THU	FRI	SAT
6:30A-7A	Closed	Open Swim Lap Swim (6:30a-10:00a)	Open Swim Lap Swim (6:30a-11:00a)	Open Swim Lap Swim (6:30a-10:00a)	Open Swim Lap Swim (6:30a-11:00a)	Open Swim Lap Swim (6:30a-10:00a)	Closed
7A-8A							
8A-9A							
9A-10A							
10A-11A	Open Swim Lap Swim (9:00a-3:30p)	Open Swim Lap Swim Water Ex (10a-11a)	Open Swim Lap Swim Water Ex (11a-12p)	Open Swim Lap Swim Water Ex (11a-12p)	Open Swim Lap Swim Water Ex (11a-12p)	Open Swim Lap Swim Water Ex (10a-10:45a)	Water Ex (9:15a-10:15a) Open Swim Lap Swim (7:30a-5:30p)
11A-12P							
12P-1P							
1P-2P							
2P-3P							
3P-4P	Closed	Open Swim Lap Swim (12:00p-7:00p)	Open Swim Lap Swim (12:00p-7:00p)	Open Swim Lap Swim (12:00p-7:00p)	Open Swim Lap Swim (12:00p-7:00p)	Open Swim Lap Swim (11:00a-7:00p)	Water Ex (9:15a-10:15a) Open Swim Lap Swim (7:30a-5:30p)
4P-5P							
5P-6P							
6P-7P							
7P-8P							
7P-8P	Closed	Closed	Closed	Closed	Closed	Closed	Water Ex (9:15a-10:15a) Open Swim Lap Swim (7:30a-5:30p)
7P-8P							
7P-8P							
7P-8P							
7P-8P							

Two lap lanes will always be available during swim lessons.
One lap lane will always be provided during swim team and water exercise programs with the exception of the 3p-4p Swim Team Practice.

The Desert Foothills Family YMCA
34250 N. 60th St Building C
Scottsdale, AZ 85266
desertfoothillsymca@vosymca.org
www.valleyYMCA.org
(480) 596-9622



AbSolution
This quick class is a concentration on the abdominal muscle group and all levels are welcome. (15 minute class)

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 times level welcome.

BODYFLOW®
A blend of Tai Chi Yoga & Pilates, this program is strengthening and calming. Accessible to all levels.

Adult Fitness
This contact sport utilizes matts and gloves. Gloves and matts are provided, but participants are welcome to bring their own.

Boot Camp
This high-energy program includes an intense cardiovascular workout and strength training drills. It's designed for those seeking an intense boost to a regular workout routine. Develop strength, stamina and agility.

Core Balance
This class is a concentration of strength, mobility, endurance and balance.

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.

Cardio Kickbox
Develop new skills and a strong core in this fierce but fun kickboxing class. Easy to follow combinations of upper and lower body strikes. This is a non-contact class.

Killer Cross
Enjoy a hard core workout consisting of cross training drills which will test your cardio endurance and improve your strength conditioning.

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.

Sh'Bam
Featuring simply but serious hot dance moves this is the perfect way to shape up and let out your inner star-even if dance isn't your natural thing.

Step
Get a great cardio and lower body workout while learning fun combinations. Modified for beginner, intermediate and power moves.

Water Exercise
This class is designed for the general population where all are welcome. Experience a great cardio workout while providing low-impact, muscular resistance and a wide range of exercises.

Y-Circuit
This interval training program alternates strength and cardio in a 45-minute time frame. Meets in the teen center.

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.

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 people of all ages fall in love with its infectious music, easy-to-follow dance moves, and body-beautifying benefits!