



# GROUP FITNESS

Effective  
 May 1  
 Fee  
 based  
 course

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6am-7am Studio Cycle (Corinna)		6am - 7am Studio Cycle (Corinna)			<b>Rock Climbing Hours</b> Mon - Thurs 4pm - 6pm
8am-9am Tai Chi (Donovan)	8:45-9:15am Group Core (DeNae & Cassi) [GYM]	8am - 9am Yopalates (Taylor)	8:45-9:15am Group Core (DeNae & Cassi) [GYM]	8am - 9am Yopalates (Taylor)	<b>8:30-9:30 Stretch (Barbara)</b>	<b>Amazing Kids Hours</b>
9am - 10am Kickboxing (DeNae)	8:30am - 9:30am Stretch (Barbara)	9am - 10am Muscle Conditioning (DeNae) [Gym]	8:30am - 9:30am Stretch (Barbara)	9am - 10am Kickboxing (DeNae)	9-9:45am Family Fuel (Lisa) [NACRC]	<b>Monday - Thursday</b> 8:00am - 1:00pm & 4:00pm - 8:30pm
10am - 11am Group Power (DeNae)	8:30am - 9:30am Studio Cycle (Steve)	9:30am - 10:30am SilverSneakers Cardio Circuit (Lisa)	8:45am - 9:20am Cycle Express (Liz)	10am - 11am Group Power (DeNae)	9:30am-10am Group Core (Richard)	<b>Friday</b> 8:00am - 1:00pm 4:00pm - 7:30pm
	9:30am - 10:30am SilverSneakers I (Lisa)		9:25am - 10am Abs + Strength (Liz) [Gym]		10:30am-11:30am StudioCycle (Richard)	<b>Saturday</b> 8:30am - 2:00pm
	9:30am - 10:30am Studio Cycle (DeNae)		9:30am - 10:30am Studio Cycle (DeNae)			<b>Sunday</b> 12:00pm - 4:00pm
			9:30am - 10:30am SilverSneakers I (Lisa)			Visit our website at <a href="http://valleymca.org">http://valleymca.org</a> for additional program info
	10:30am - 11:30am Zumba (Amy)	10:30am - 11:30am Zumba (Paola)	10:30am - 11:30am Zumba (Amy)			
11am - 11:45am Muscle Conditioning (Anna) [Gym]	11:30am - 12pm Zumba Toning (Amy)	11am - 11:45am Muscle Conditioning (Anna) [Gym]	11:30am - 12pm Zumba Toning (Amy)	11:15-11:45am Group Core (Richard)	11am - 12pm Zumba (Z)	
12pm - 12:45pm Cycle Express (Anna)	12-12:45pm Cycle Express (Mark)	12pm - 12:45pm Cycle Express (Anna)	12-12:45pm Cycle Express (Mark)	12pm - 12:45pm Cycle Express (Anna)	12pm - 12:30pm Zumba Toning (Z)	
	12pm - 1:30pm Jiu Jitsu (Max) ***	12pm - 1pm Jiu Jitsu (Max) ***	12pm - 1:30pm Jiu Jitsu (Max) ***	12pm - 1:30pm Jiu Jitsu (Max) ***	12:45pm - 1:45pm Jiu Jitsu for Kids***	
<b>3pm-4pm Yoga (Fon)</b> Outdoors in AK or Fitness Studio	4pm-4:30pm Group Core (Richard)	3:30-4:15 Family Fuel (Anna) Fitness Studio	4:30pm - 5:30pm Studio Cycle (Richard)		1:45pm - 2:45pm Jiu Jitsu (Max) ***	2pm - 3pm Studio Cycle (Kevin)
	4:30pm-5:30pm Line Dancing (Annette)	<b>4:30-5:30pm TRX/VIPR 5/11 BattleRopes 5/25</b>	4:30-5:30 Pilates (Levonne)			2pm - 3pm Zumba (Amber)
4:30pm - 5:30pm Zumba (Paola)	5:00pm - 6:00pm Studio Cycle (Richard)	4:30-5:30 Zumba (Suzie)	5:30pm-6:30pm Zumba (Laura)			
5:30pm - 6:30pm Studio Cycle (Daren)	6:00-7:30pm Spring Training*** (Steve)***	5:30pm - 6:30pm Athletic Conditioning (Marty)	6:30pm-7:00pm H.I.I.T (Josh) [Gym]	<b>4:30-5:30 Zumba (Laura)</b>		
5:30pm-6:30pm Athletic Conditioning (Marty)	5:30-6:30 Zumba (Z)	5:30pm - 6:30pm Studio Cycle (Richard)	5:45pm - 6:45pm Studio Cycle (Traci)	5:30pm-6:30pm Zumbatomic (Z) 4-12yrs old		<b>Flagstaff YMCA Hours of Operation</b>
	6:30pm-7:00pm H.I.I.T (Josh) [Gym]	6:30pm-7:30pm Line Dancing (Annette)	6:30pm - 7:30pm Jiu Jitsu (Max) ***	6:30pm - 7:30pm Jiu Jitsu (Max) ***		<b>Mon - Fri:</b> 5am to 9:30pm
7:30pm-8:30pm Zumba (Amber)	6:30pm - 7:30pm Jiu Jitsu (Max) ***	7:30pm - 8:30pm Zumba (Amber)	7:30pm-8:30pm Zumba (Gamin)			<b>Sat:</b> 6:30am - 7:00pm <b>Sun:</b> 12:00pm - 6:00pm
	8pm - 8:45pm Practical Self Defense (Billy)					

## OUTDOOR FITNESS!

Mountain Biking with Deb  
 Mondays 5:30-7pm

Find out where to meet via  
 our twitter account! Text  
 "follow FlagYOutdoors" to  
 40404.

Join us this summer as we  
 take group fitness classes  
 to the great outdoors! From  
 Yoga to Mountain Biking  
 and everything in between,  
 keep you eyes and ears  
 open for these fitness  
 oportunities! We hope to  
 keep you motivated and  
 challenged throughout the  
 summer!

## Parents' Night Out!

May 4th  
 5:00pm-8:00pm

Enjoy a relaxing evening  
 and let us watch your kids!  
 \$10 for the first child and  
 \$5 for each additional child.  
 We will provide dinner and  
 movie for them, while you  
 enjoy yours!

## AMAZING KIDS!

New Amazing Kids hours  
 to better serve your family!  
 We will open AK at **8:00am**  
**Monday through Friday**  
 and **8:30am on Saturdays.**

## Summer Camp!

Believe it or not, Summer  
 is right around the corner.  
 The YMCA offers a variety  
 of summer programing for  
 kids of all ages! Summer  
 Camp is always a hit, filled  
 with outdoor activities, feild  
 trips, and FUN! We will  
 also be offering sports  
 such as T-ball, Soccer,  
 Basketball, Flag Football,  
 Cheer, and Volleyball.  
**SIGN UP FOR SUMMER  
 FUN TODAY!**

## Fitness and Injury Prevention Q&A

May 24th  
 6:00pm-7:00pm

**Find out more about Summer Day Camps at the Welcome Desk!**