



GROUP FITNESS SCHEDULE

MARYVALE FAMILY YMCA • JANUARY

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY
3825 N. 67th Ave.
Phoenix, AZ 85031
(623)873-9622

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
8:00am	YOGA Liz 8:00 -9:00am	Cardio Mix Jenny 8:00 -9:00am	Cardio Step Isela (eng/sp) 8:00-9:00 am	**Group Cycle Yolanda 8:00-9:00am					
9:00am	FEM START Yolanda 9:00 - 9:45am	SilverSneaker Muscular Strength Jenny 9:00am - 10:00am	FEM START Isela 9:00 - 9:45am	Kickboxing Jenny 9:00 - 10:00am	NEW! Cardio Mix Jenny 9:00 -10:00am				
	SILVER START Jenny 9:00 - 9:45am		**Group Cycle Yolanda 9:00-10:00am						
10:00am	NEW! ZUMBA Lizette 10:00-11:00am	ZUMBA Maria 10:00-11:00am	ZUMBA Lizette 10:00-11:00am	NEW! ZUMBA Maria 10:00-11:00am	NEW! ZUMBA Cintia 10:00-11:00am	NEW! ZUMBA Maria 10:00-11:00am			
	**Cycle Express Yolanda 10:00-10:30am			SilverSneaker Muscular Strength Jenny 10:00am - 11:00am					
11:00am	Athletic Training Jenny 11:00-11:30am	**Cycle Express Yolanda 10:00-11:00am	Athletic Training Jenny 11:00-11:30am		**Cycle Express Yolanda 11:00-11:30am	NEW! Step I Isela 11:00-12:00pm			
5:00pm			YOGA Liz 5:00 -6:00pm		Latin Heat Isela 5:00-6:00pm	Child Watch Hours M-Th 8a-12p/4p-8p Friday 8a-12p/4p-7p Sat 9:00a-12:00p Sun Closed			
	FEM START Martha 5:00 - 5:45pm		FEM START Martha 5:00 - 5:45pm						
6:00pm	ZUMBA Francis 6:00-7:00pm	ZUMBA Francis 6:00-7:00pm	NEW! ZUMBA Andrea 6:00-7:00pm	ZUMBA Francis 6:00-7:00pm	NEW! ZUMBA Cintia 6:00-7:00pm				
		**Group Cycle Carmen 6:00-7:00pm		**Group Cycle Isela 6:00-7:00pm				*Classes may change w/o notice	**REQUIRES A PASS FROM FRONT DESK- given 15 minutes before class
7:00pm	NEW! ZUMBA Andrea 7:00-8:00pm	NEW! ZUMBA Lizette 7:00-8:00pm	NEW! ZUMBA Maria 7:00-8:00pm	NEW! ZUMBA Lizette 7:00-8:00pm					
8:00pm	NEW! Step I Isela 8:00-9:00pm	Strength Training Alberto 7:00 - 8:00pm	NEW! Absolution Isela 8:00-9:00pm	Strength Training Alberto 7:00 - 8:00pm	www.valleyymca.org				

updated 2/02/12



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