

Schedule is subject to change	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5am-6am		Studio Cycle Kay #2 (5:30-6:30)	Studio Cycle Leslie O #2 (5:30-6:30) Muscle Cond. Lisa #1 (5:30-6:30)	Studio Cycle Lisa #2 (5:30-6:30)	Studio Cycle Leslie O #2 (5:30-6:30) Muscle Cond. Lisa #1 (5:30-6:30)	Studio Cycle Lisa #2 (5:30-6:30)	
6am-7am							
7am-8am							Studio Cycle Rotation #2 (7:15-8:15)
8am-9am	Boot Camp Bronnie(8:00-9:00) #1	Muscle Cond. Dawn #1 (8:20-9:20) Mat Pilates Sharon #2 (8:20-9:20)	ZUMBA® Yanette #1(8:15-9:15)	Muscle Cond. Dawn #1 (8:20-9:20) Mat Pilates Tasha #2 (8:20-9:20)	ZUMBA® Yanette #1(8:15-9:15)	BODYPUMP® Robyn #1 (8:20-9:20) Mat Pilates Tasha #2 (8:20-9:20)	Muscle Cond. Bronnie #1 (8:15-9:15) Gentle Yoga Susan #2 (8:30-9:30)
9am-10am	Studio Cycle/Abs Lisa/Kay #2 (9:00-10:15) ZUMBA® Crystal #1 (9:20-10:20)	Power Cardio Teri # 1 (9:30-10:30) Studio Cycle Sharon #2 (9:30-10:15)	Core Conditioning Teri #2 (9:00-9:30) BODYPUMP® Kim #1 (9:30-10:30)	Power Cardio Teri # 1 (9:30-10:30) Studio Cycle Kay #2 (9:30-10:15)	Core Conditioning Teri #2 (9:00-9:30) BODYPUMP® Tracy #1 (9:30-10:30)	Boot Camp Teri Gym (9:30-10:30) Studio Cycle Kay #2 (9:30-10:15)	BODYPUMP® Rotation #1 (9:20-10:20)
10am-11am	Gentle Yoga Cathy#1 (10:45-12:15)	AbSolution Sharon #2 (10:15-10:30) BODYFLOW® Tara #2 (10:30-11:30)	Yoga Pulse Jan #2 (10:30-11:30) Gentle Yoga Cathy #1 (10:45-12:00)	AbSolution Kay #2 (10:15-10:30) BODYFLOW® Tara #2 (10:30-11:30)	Gentle Yoga Cathy #1 (10:45-12:00)	AbSolution Kay #2 (10:15-10:30) Yoga-All Levels Angela #1 (10:45-11:45)	Yoga For Athletes Jan #2 (10:30-11:45)
11am-12pm		Yoga-All Levels Julia #1 (10:45-11:45)		Power Yoga Jan #1 (10:45-11:45)		*Cigna Tai Chi 10 week course \$\$\$	
12pm-1pm		Core Conditioning Kelly #1 (12:00-1:00)	Studio Cycle Kelly #2 (12:00-12:50) Core Balance Kelly#2 (12:50-1:15)		Studio Cycle Kelly #2 (12:00-12:50) Core Balance Kelly#2 (12:50-1:15)	*Cigna Tai Chi 10 week course \$\$\$ #2 (12:15-1:15)	
1pm-2pm		Silver Sneakers 2 Angela #1 (1:30-2:15)	Silver Sneakers 1 Kelly #1 (1:30-2:15)	Silver Sneakers 2 Dee #1 (1:30-2:15)	Silver Sneakers 1 Dee #1 (1:30-2:15)	Silver Sneakers 2 Dee #1 (1:30-2:15)	
2pm-3pm		S.S. Yoga Stretch Angela #1 (2:15-2:30)	Beginner ZUMBA® Raquel #1(2:30-3:15)	S.S. Yoga Stretch Dee #1 (2:15-2:30)	Beginner ZUMBA® Raquel #1(2:30-3:15)		
3pm-4pm		Child Karate #1 \$\$\$ (3:00-6:00)		Child Karate #1 \$\$\$ (3:00-6:00)			
4pm-5pm							
5pm-6pm		Beginning Cycle Dee #2 (5:30-6:15)	Karate For Adults #1 (5:00-6:00) Studio Cycle Nora #2 (5:30-6:30) Fitness Boxing Matt #1 (5-6pm)	Beginning Cycle Dee#2 (5:30-6:15)	Karate For Adults #1 (5:00-6:00) Studio Cycle Sue #2 (5:30-6:30) Fitness Boxing Matt #1 (5-6pm)		
6pm-7pm		Youth Circuit** Don (6:00-7:00) AbSolution Dee #2 (6:15-6:30)	ZUMBA® Gali #1 (6:00-7:00)	Youth Circuit** Don (6:00-7:00) AbSolution Dee #2 (6:15-6:30)	ZUMBA® Crystal #1 (6:00-7:00)	ZUMBA® Raquel #1 (6:00-7:00)	
6:30pm-7:30pm		BODYPUMP® Donna #1 (6:30-7:30)		BODYPUMP® Donna #1 (6:30-7:30)			
7pm-9pm		Intermediate Yoga Marie #2 (7:00-8:00) BODYFLOW® Donna #1 (7:30-8:30)	Yoga Susan #1 (7:00-8:00)	BODYFLOW® Donna #1 (7:30-8:30)	Yoga Susan #1 (7:00-8:00)		

Effective July, 2010

GROUP EXERCISE SCHEDULE

Valley of the Sun

 Scottsdale/Paradise Valley YMCA

Amazing Kid's Center Hours

Monday-Thursday
 8am-2:00pm;
 4pm-7:30pm

Friday
 8am-1:30pm

Saturday
 8am-12:30pm

Sunday
 9am-12:30pm

CLASS DESCRIPTIONS

ABSolution	This quick class is a concentration on the abdominal muscle group and all levels are welcome. (15-30 minute class)
BODYPUMP®	This high intensifying 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.
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.
Core Balance	This class is a blend of Absolution and Core Conditioning. We add a balance component to enhance the pleasure of daily living activities and the functionality of everyday movements taken for granted.
Core Conditioning	Get ready for an intense 30 min workout that concentrates on your core! This class is great helps target the spine, pelvis, shoulder, and helps provide a solid foundation for movement in the extremities.
Hip Hop	Let loose and join this jammed packed hour of funky moves and popular hip hop jams. Challenge your body to move in ways it has never moved before! We have a class for 12-17 years olds and a class for adults!
BODYFLOW®	A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. Truly a fitness class for the 21st Century, BODYFLOW brings mind and body into perfect harmony. Try this revolutionary, holistic approach to fitness.
Mat Pilates	Based on the fundamentals of Joseph Pilates' Principles, this class will focus on your body core (hips, lower back and abs). This method of conditioning trains both body and mind with a series of exercise that focus on increasing a balance of strength and flexibility through a use of flowing movements and breathing.
Muscle Conditioning	This strength training class is designed to increase muscle endurance and tone, utilizing a variety of equipment.
Pilates Reformer	Take your pilates practice one step further with the Pilates Reformer. Three private sessions are required before participating in group classes Additional fees required.
Power Cardio	This fun and challenging workout utilizes body shaping combinations and large motor cardio moves designed to build muscle, correct imbalances, enhance your posture and increase your flexibility while staying in your cardio training range. All Levels welcome!
Silver Sneakers Stretch	Gentle stretching and flexibility exercises following a Silver Sneakers 2 class will help your body to recover quickly and aid in activities of daily living.
Silver Sneakers 1	Take advantage of muscular strength exercise and range movement. Move through a variety of exercises designed to increase strength, range of movement, and skills used during daily activities. Hand held weights, elastic bands w/handles and a ball are offered for resistance and chair is used for seated, standing support, stretching and relaxation
Silver Sneakers 2	The focus of this class is utilizing the cardio circuit method. Combine fun, fitness and friends to increase your cardiovascular and muscular endurance power with a standing workout circuit. Strength workouts with hand held weights, elastic bands w/handles, and a ball are offered for resistance and chairs for seated, standing support and relaxation.
Step	Fun, fast paced class on the "Step". Get a great cardio workout while learning fun combinations.
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 inspiring exercise.
Tai Chi	Tai Chi is the ancient Chinese art of relaxation and healing. Its an effective way to alleviate chronic pain, reduce stress, lubricate joints and fortify your immune system.
Yoga 4 Athletes	Patented series that corrects imbalances from sports and other activities. Builds core strength and is great for cross training.
Gentle Yoga	This Yoga class is designed to work on flexibility and relaxation through a series of stretching poses and breathing techniques; balancing mind, body, and spirit. Experience a sense of rejuvenation, integrated with a feeling of peace.
Intermediate Hatha Yoga	Hatha Yoga emphasizes posture and breathing. It is an excellent way to relax the body and strengthen the mind.
Power Yoga	Students of all levels are led through a strong class with challenging postures and pacing. Rigorous sequence of continuously flowing postures that burn fat, build muscle, increase lung capacity and flexibility.
Yoga Pulse	The yoga class combines the use of free weights in unique ways with basic yoga postures; strengthens and tones key areas; teaches core awareness and stretches/strengthens chronically tight areas.
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. Easy to follow dance moves and body-beautifying benefits!

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