

FITNESS for \$10

3600 Ranch Drive, Prescott, AZ 86303 (928) 445-8866

WEEKLY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers® Classic 8:30 AM (Jean)		SilverSneakers® Classic 8:30 AM (Jean)		SilverSneakers® Classic 9:30 AM (Janice)		
	Yoga All Levels 10:15 AM (Katy)		Yoga All Levels 10:15 AM (Katy)			
ZUMBA® 12:30 PM (Jori)	ZUMBA® 11:15 AM (Tiger)	Tri City Table Tennis Club 12 PM-4 PM (Fee Required)	ZUMBA® 11:15 AM (Jori)	Tri City Table Tennis Club 12 PM-4 PM (Fee Required)	Tri City Table Tennis Club 12 PM-4 PM (Fee Required)	Tri City Table Tennis Club 12 PM-4 PM (Fee Required)
BODYFIT 5:00 PM (Christie)						
CARDIO HIP-HOP 6:00 PM (Tiger)	POUND® 6:00 PM (Sierra)	TRIBAL YOGA 6:00 PM (Nikki)	POUND® 6:00 PM (Tiger)			



Effective Date 3/20/2017



Group Fitness Classes

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BODYFIT: This class is a total body conditioning experience utilizing free weights and barbells. This class brings a constant variety that will develop lean muscle and body strength. Fitness balls and bands are also used in this class. *Music-Type: Top 40 and Medium Volume*

CARDIO HIP-HOP: Lose your inhibitions and get fit to the beat! Whether you think you can dance or not, we'll get your body grooving to the freshest hip-hop and pop jams sure to keep you coming back each week! This dance cardio workout is for all levels and will relive stress, get you fit, all while having fun. *Music-Type: Variety and Loud*

POUND®: is a full-body cardio jam session. Through continual upper body motion using our lightly weighted drumsticks, called [Ripstix®](#), you'll turn into a calorie-torching drummer. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! *Music-Type: Variety and Loud*

SilverSneakers® -Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is available for seated and/or standing support.

TRI-CITY TABLE TENNIS: TCTT Members have priority slots however, if space is available FF10 members can sign in to play for a \$2 day fee to TCTT. Must provide your own paddle.

TRIBAL YOGA: This is a mind body movement class utilizing the fusion of flow yoga and tribal dance, driven by the powerful rhythms of tribal music and drums. Become more "core aware" and feel some of the more chronically tight areas of the hips "loosen up". This fun, energetic workout will transform you from the inside out as you work to increase strength, balance and flexibility. You will leave feeling connected, empowered and focused. *Music-Type: Variety and Loud*

YOGA: Yoga is a style of movement utilizing different poses which can work to increase strength, balance, flexibility and mental focus. No experience necessary, everyone is welcomed. *Music-Type: Easy listening and Calm*

ZUMBA®: Zumba® is for everybody and every body! Each class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. *Music-Type: Variety and Loud*