



# PV WEEKLY CLASS SCHEDULE

6650 E. 2nd Street, Prescott Valley, AZ 86314 (928) 772-7359

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Qwik HIIT 8:30AM (Shannon) 30 MIN	Bootcamp Fitness 8:15 AM (Shannon)		Qwik HIIT 8:30 AM (Shannon) 30 MIN	BODYSCULPT 9:00 AM (Tiger)		
BODYFIT 9:00 AM (Shannon)	PILATES 9:00 AM (Shannon)	PIYo® 9:00 AM (Jessica)	PILATES 9:00 AM (Shannon)	BODYSCULPT 10:00 AM (Tiger)	POUND 10:00 AM (Sierra)	
YOGA All Levels 11:15 AM (Tiger)		YOGA All Levels 11:15 AM (Sierra Mann)	BODYSCULPT 11:15 AM (Tiger)	ESSENTIAL YOGA 11:15 AM (Tiger)		
BODYSCULPT 5:00 PM (Tiger)		BODYFIT 5:30 PM (Christie)	MMA BURN 5:00PM (Brian)	Zumba® 5:30 PM (Joni)		
	TRIBAL YOGA 7:15 PM (Tiger)	POUND® 6:30 PM (Sierra)				



Effective Date 7/3/2017

**BODY SCULPT:** This is group weight training at its best. This class uses a barbell that ranges in weight from 5 to 40 lbs along with lots of repetition. You build strength, stamina and develop a leaner body. You'll leave the class feeling challenged and motivated, ready to come back for more. *Music-Type: Upbeat and Loud*

**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*

**BOOTCAMP FITNESS:** A high energy series of circuits, aimed at improving strength, cardio, muscle endurance, and flexibility. All fitness levels welcomed. *Music-Type: Upbeat and Loud*

**ESSENTIAL YOGA:** A slower style of movement focusing on the centering of your breath and body - aligning the physical and mental by practicing stillness or gentle movement for extended periods of time. This class also uses the benefits of essential oils to enhance the experience both physically and mentally. No experience necessary, everyone is welcomed. *Music-Type: Easy listening and Calm*

**PILATES:** This class is designed to train the body in proper alignment using the strength of the smaller muscles to develop balance throughout the body. Pilates will help create a longer, leaner look. Stand taller, feel more powerful and breathe more deeply. *Music-Type: Easy listening*

**PiYo® :** PiYo is a fusion style strength and flexibility mat class. It combines Pilates, Yoga and strength condition in a flowing sequence designed for those who like to move with grace and power.

**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. 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: LOUD*

**Qwik HIIT :** is a 30 MINUTE high-intensity interval workout (HIIT) that fuses plyometric with targeted yoga poses.

**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*

**YING-YANG FLOW:** Slow and relaxing Yin Yoga - Focusing on asanas that are held for longer periods of time. This class is great for beginners to learn foundational yoga poses and is also a great class for experienced practitioners to deepen their practice. *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*