

Winter / Spring 2019

GROUP FITNESS

FITNESS for \$10

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|--|
| 8:30a-9:25a SILVERSNEAKERS Jean | 8:45a-9:45a TRIBALATES TIGER | 8:30a-9:25a SILVERSNEAKERS Jean | 8:45a-9:45a TRIBALATES TIGER | 12:00p-5:00p **TRI-CITY TABLE TENNIS CLUB | 11:00a-4:00p **TRI-CITY TABLE TENNIS CLUB |
| 10:00a-11:00a PILATES KIT 1:00p PILATES ** SMALL APPARATUS LESSONS | 10:15a-11:10a YOGA Katy 10:30a PILATES ** SMALL APPARATUS LESSONS | 10:00a PILATES ** SMALL APPARATUS LESSONS | 10:15a-11:10a YOGA Katy 10:30a PILATES ** SMALL APPARATUS LESSONS | | |
| 11:15a-12:10p ZUMBA Joni/Tiger | 11:15a-12:10p ZUMBA Joni | 12:00p-5:00p TRI-CITY TABLE TENNIS CLUB (Fee Required) | 11:15a-12:10p ZUMBA Jori | | |
| 12:30-5:30p TRI-CITY TABLE TENNIS CLUB (Fee Required) | | | | | |
| 12:30p-3:00p Gym Orientation (appointment necessary) | | 12:30p-3:00p Gym Orientation (appointment necessary) | | | |

Drop In Fees:

Basic/VIP members: \$5
 Guests of VIP / VIP+ members: \$5
 Non-members / Guests: \$10

Friday Dance Class Fees:

VIP+ members: FREE
 (No guest privileges)
 Basic/VIP members: \$5 per person
 Non-Members/Guest: \$5 per person

Pilates Small Apparatus Lessons:

\$15 (\$12 for VIP+ Members)

Table Tennis Fee: \$2

**Group Fitness
Text Alerts**

To Join: Text @ff10g to
81010

Daily schedule reminders,
sub or cancel alerts,
schedule updates.

FOLLOW US ON
INSTAGRAM:
 FF10QUADCITYAZ
FACEBOOK:
 FITNESS FOR 10
 PRESCOTT

PRESCOTT WEEKLY CLASS SCHEDULE

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