

# FALL 2018 **GROUP FITNESS**

## **FITNESS** for **\$10**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00a-9:55a <b>PIYO</b> Jessica	8:00a-8:55a <b>MMA BURN</b> Bryan	9:00a-9:55a <b>PIYO</b> Jessica	8:00a-8:55a <b>STRONG</b> Michelle	9:00p-9:55p <b>BODYSCULPT</b> Tiger	10:00a-10:55a <b>BODYSCULPT</b> Lola	
11:30a-12:30p <b>HATHA YOGA</b> Mary-Pat	9:00a-9:55a <b>PILATES</b> Kit	11:30a-12:30p <b>BODYSCULPT</b> Heather	9:00a-9:55a <b>PILATES</b> Kit	11:30a-12:30p <b>RESTORATIVE YOGA</b> Mary-Pat		
5:30p-6:25p <b>BODYSCULPT</b> Lola	5:30p-6:25p <b>BODYFIT</b> Christie	5:30p-6:25p <b>BODYSCULPT</b> Tiger	5:30p-6:25p <b>BODYFIT</b> Christie	*3rd Friday* 6:30p-7:30 <b>Country/Pop Line-Dance</b>		
6:30p-7:25p <b>CARDIO HIP-HOP</b> Heather	6:30p-7:25p <b>ZUMBA</b> Tiger	6:30p-7:25p <b>POUND</b> Tiger	6:30p-7:25p <b>ZUMBA</b> Heather			

### Drop In Fees:

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

### Friday Dance Class Fees:

VIP+ members: FREE  
 Basic/VIP members: Single \$5 , Couple \$8  
 Non-Members/Guest: Single \$10 , Couple \$15

### Group Fitness Text Alerts

To Join: Text @ff10g to 81010

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

### PV WEEKLY CLASS SCHEDULE

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

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## **FITNESS** for **\$10**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30a-9:25a SILVERSNEAKERS Jean		8:30a-9:25a SILVERSNEAKERS Jean		12:00p-4:00p TRI-CITY TABLE TENNIS CLUB (Fee Required)	11:00a-4:00p TRI-CITY TABLE TENNIS CLUB (Fee Required)	11:00a-4:00p TRI-CITY TABLE TENNIS CLUB (Fee Required)
10:00a-11:00a PILATES KIT	10:15a-11:10a YOGA Katy	10:15a-11:10a YOGA Tiger	10:15a-11:10a YOGA Katy	*1st Friday of the Month*  6:30p-8:30p Country / Western Couples Dance/Lessons		
11:15a-12:10p ZUMBA Tiger	11:15a-12:10p ZUMBA Joni	12:00p-4:00p TRI-CITY TABLE TENNIS CLUB (Fee Required)	11:15a-12:10p ZUMBA Jori			

### Drop In Fees:

Basic/VIP members: \$5  
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### Friday Dance Class Fees:

VIP+ members: FREE  
 Basic/VIP members: Single \$5 , Couple \$8  
 Non-Members/Guest: Single \$10 , Couple \$15

Table Tennis Fee:

### Group Fitness Text Alerts

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### PRESCOTT WEEKLY CLASS SCHEDULE

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



## GROUP FITNESS CLASS DESCRIPTION

**BodySculpt:** Group weight training at it's best. This class uses a barbell that ranges in weight from 5-40 lbs along with lot of repetition. You'll leave feeling challenged and motivated. *Music type - Upbeat and Loud*

**BodyFit:** Total body conditioning utilizing free weights and barbells. *Music type -Top 40 and Medium Volume*

**Cardio Hip-Hop:** is a supercharged, fat-burning, dance fitness class that designed to ignite your weight loss potential while sculpting lean muscle for a total-body tone-up through hip hop-inspired dance moves. *Music type- Hip hop/ Pop and Loud*

**MMA Burn:** A cardio and strength training workout that combines elements of Muay Thai, mixed martial arts, and self-defense. *Music type - Variety and Loud*

**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. *Music type - Easy Listening*

**PiYo:** A fusion strength and flexibility mat class that combines pilates, yoga, and strength conditioning. *Music type - Variety and Medium Volume*

**Pound:** A full body cardio jam session. Through continual upper body motion using lightly weighted drumsticks called RIPSTIX, you'll turn into a calorie-torching ROCKSTAR. *Music type - Rock / Variety and LOUD*

**Sass-N-Tone:** A fun class designed to build that strong and healthy body you want while making YOU feel sexy, confident, and ready to slay the day! Pilates style of moves to pumpin music combined with hair flipping, sassy flair. *Music type - Pop/Burlesque and Loud*

**STRONG:** combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music that has been specifically designed to match every single move. Elements of Kickboxing as well as HITT training. *Music type - Original and LOUD*

**Tribal Flo Yoga:** a mind-body movement class utilizing flow yoga and belly dance elements that are driven by powerful rhythms and beats. Increase balance and flexibility while feeling more connected, empowered, and focused.  
*Music type - Variety and Medium to Loud*

**Zumba:** Grooving to the beats from around the world, this cardio fitness class feels more like dance party than a workout. Easy to follow choreography that will give you a total body workout with a serious dose of awesomeness. *Music type - International and Loud*

### Friday Dance Classes:

**DISCOVER COUNTRY DANCING!** From Two Stepping to Country Swing and Country Waltz, you will soon see how EXCITING it is to Country dance! While we are FUN and RELAXED in our approach, you will gain the skills needed to Country dance with ease.

**Line Dancing:** Learn some fun line dances to use when you go out or just for the great exercise! In our Line Dancing Lessons we teach many different line dances to all genres of music like Country and pop. Great for beginners and intermediate dancers.

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10:00a-11:00a <b>PILATES</b> KIT	10:15a-11:10a <b>YOGA</b> Katy	10:15a-11:10a <b>YOGA</b> Tiger	10:15a-11:10a <b>YOGA</b> Katy			
11:15a-12:10p <b>ZUMBA</b> Tiger/Joni	11:15a-12:10p <b>ZUMBA</b> Tiger/Joni	11:30a-12:30p <b>BODYSCULPT</b> Heather	11:15a-12:10p <b>ZUMBA</b> Jori			
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6:30p-7:25p <b>CARDIO HIP-HOP</b> Heather	6:30p-7:25p <b>ZUMBA</b> Tiger	6:30p-7:25p <b>POUND</b> Tiger	6:30p-7:25p <b>ZUMBA</b> Heather	*3rd Friday* 6:30p-7:30 <b>Country/Pop Line-Dance</b>	<b>Prescott Location</b> <b>Prescott Valley</b>	Clubs ONLY 3.4 miles apart !