

WINTER/SPRING 2019

# GROUP FITNESS

## FITNESS for \$10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00a-9:55a PiYO® Jessica	8:00a-8:55a QWIK HITT Bryan	9:00a-9:55a PiYO® Jessica	8:00a-8:55a STRONG by Zumba® Michelle	9:00p-9:55p BODYSCULPT Tiger	10:00a-10:55a Saturday Sweat Session	
11:30a-12:30p HATHA YOGA Mary-Pat	9:00a-9:55a PILATES Kit		9:00a-9:55a PILATES Kit	11:30a-12:30p RESTORATIVE YOGA Mary-Pat		
5:30p-6:25p BODYSCULPT Heather	5:30p-6:25p BODYFIT Christie	5:30p-6:25p POUND® Tiger	5:30p-6:25p BODYFIT Christie	*2nd and 4th Friday* 6:30p-7:30 Line-Dance Lessons		
6:30p-7:25p B.A.M. DANCE FITNESS Heather	6:30p-7:25p STEP-N-CARDIO Christie	6:30p-7:25 BODYSCULPT Tiger	6:30p-7:25p ZUMBA® Heather			
		7:30P-8:30P BUTI® YOGA Ashlynn				

**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

**Group Fitness  
Text Alerts**

To Join: Text @ff10g to 81010

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

FOLLOW US ON  
**INSTAGRAM:**  
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 FITNESS FOR 10  
 PRESCOTT VALLEY

**PV WEEKLY CLASS SCHEDULE**

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