

FALL 2018 **GROUP FITNESS**

FITNESS for **\$10**

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

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VIP+ members: FREE
 Basic/VIP members: Single \$5 , Couple \$8
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Table Tennis Fee:

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PRESCOTT WEEKLY CLASS SCHEDULE

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