

# FALL 2018 **GROUP FITNESS**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00a-9:55a PiYO Jessica	8:00a-8:55a <b>STRONG</b> Tiger	9:00a-9:55a PiYO Jessica	8:00a-8:55a <b>STRONG</b> Tiger	9:00p-9:55p <b>BODYSCULPT</b> Tiger	10:00a-10:55a <b>BODYSCULPT</b> Lola	
11:30a-12:30p <b>YOGA</b> Sierra/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> Tiger	11:30a-12:30p <b>YOGA</b> Mary-Pat		
5:30p-6:25p <b>BODYSCULPT</b> Lola	5:30p-6:25p <b>BODYFIT</b> Christie	4:30p-5:25p <b>SASS-N-TONE</b> Tiger		*3rd Friday* 5:30p-6:30p <b>Country Dance Lessons</b>		
6:30p-7:25p <b>CARDIO HIP-HOP</b> Heather	6:30p-7:25p <b>ZUMBA</b> Tiger	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>		
	7:30p-8:20p <b>TRIBAL FLO YOGA</b> Tiger	6:30p-7:25 <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

**3rd Friday Fees:**

VIP+ members: FREE

Basic/VIP members: Single \$5 , Couple \$8

Non-Members/Guest: Single \$10 , Couple \$15

**PV WEEKLY CLASS SCHEDULE**

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