



August

Group Fitness Schedule

2016



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 <i>Aqua Fit 8:30am</i> <i>YOGA 12:10 pm</i> <i>Group Cycle-6pm</i>	3 <i>Zumba-12:10pm</i> 	4 <i>Aqua Fit 8:30am</i> <i>Cross FIT 12:10</i> <i>YOGA 6pm</i>	5 <i>ZUMBA fitness</i> <i>10:30 AM</i>
8 <i>Muscle Blast 12:10pm</i> <i>Cross FIT 5:45pm</i>	9 <i>Aqua Fit 8:30am</i> <i>YOGA 12:10 pm</i> <i>Group Cycle-6pm</i>	10 <i>Zumba-12:10pm</i> 	11 <i>Aqua Fit 8:30am</i> <i>CrossFIT 12:10</i> <i>YOGA 6pm</i>	12 <i>ZUMBA fitness</i> <i>10:30 AM</i>
15 <i>Muscle Blast 12:10pm</i> <i>Cross FIT 5:45pm</i>	16 <i>Aqua Fit 8:30am</i> <i>YOGA 12:10 pm</i> <i>Group Cycle-6pm</i>	17 <i>Zumba-12:10pm</i> 	18 <i>Aqua Fit 8:30am</i> <i>Cross FIT 12:10</i> <i>YOGA 6pm</i>	19 <i>ZUMBA fitness</i> <i>10:30 AM</i>
22 <i>Muscle Blast 12:10pm</i> <i>Cross FIT 5:45pm</i>	23 <i>Aqua Fit 8:30am</i> <i>YOGA 12:10 pm</i> <i>Group Cycle-6pm</i>	24 <i>FUN RUN</i> <i>5:45pm</i>	25 <i>Aqua Fit 8:30am</i> <i>Cross FIT 12:10</i> <i>YOGA 6pm</i>	26 <i>NO CLASS!</i>
29 <i>Muscle Blast 12:10pm</i> <i>Cross FIT 5:45pm</i>	30 <i>Aqua Fit 8:30am</i> <i>YOGA 12:10 pm</i> <i>Group Cycle-6pm</i>	31 <i>No Class</i>		

If you have questions or concerns about your health,

please check with your physician before starting any exercise program

Classes conducted by Physical Fitness Specialist

Andrew Gonzales, CSCS, ACSM-CPT, USAW-SPL1, CF-L1 trainer

For any questions please call 480-789-7862

Group Fitness Schedule for August 2016

- All classes are held at the Fort McDowell Parks & Recreation, except water aerobics.
- All Classes are drop-ins, no pre-registration is required. Classes are free. Classes are on a first-come, first serve basis.
- Please arrive at least 5 minutes prior to start time. Closed toe exercise shoes required. Towel and water is recommended but not necessary.
- All classes and times subject to change and/or cancellation.

Zumba- Zumba® Fitness is a fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is a fun must try class for everybody!

Cross Training- This class will be led by the Fort McDowell Fire Dept. and the Healthy Futures program. We will be doing a variety of metabolic conditioning exercises.

Group Cycle- This is an intense cardiovascular class which uses the Lemond Exercise Bikes with a variety of intensities and stances. This class will build endurance of the leg muscles as well as your mind! Only 9 bikes available, come early, class may fill.

Yoga- This class will improve your flexibility as well as teach you how to relax your body.

Aqua Fit- This is a water aerobics class which will be held at the RV park pool. Swim wear recommended but not required.

For any Questions about the Fitness classes or events, please contact Andrew Gonzales at 789-7862 or Agonzales@ftmcdowell.org

