



July

Group Fitness Schedule 2016



Monday	Tuesday	Wednesday	Thursday	Friday
4th of July 4 	5 Aqua Fit 8:30am YOGA 12:10 pm Group Cycle-6pm	6 Zumba-12:10pm 	7 Aqua Fit 8:30am Cross FIT 12:10 YOGA 6pm	8 Gym Games 10:30am
11 Muscle Blast 12:10pm Cross FIT 5:45pm	12 Aqua Fit 8:30am YOGA 12:10 pm Group Cycle-6pm	13 Zumba-12:10pm 	14 Aqua Fit 8:30am CrossFIT 12:10 YOGA 6pm	15 Gym Games 10:30am
18 Muscle Blast 12:10pm Cross FIT 5:45pm	19 Aqua Fit 8:30am YOGA 12:10 pm Group Cycle-6pm	20 Zumba-12:10pm 	21 Aqua Fit 8:30am Cross FIT 12:10 YOGA 6pm	22 Gym Games 10:30am
25 Muscle Blast 12:10pm Cross FIT 5:45pm	26 Aqua Fit 8:30am YOGA 12:10 pm Group Cycle-6pm	27 Zumba-12:10pm 	28 Aqua Fit 8:30am Cross FIT 12:10 YOGA 6pm	29 Gym Games 10:30am
31 Muscle Blast 12:10pm Cross FIT 5:45pm				

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 July 2016

- All classes are held at the Fort McDowell Parks & Recreation
- 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.

Gym Games- This will be an opportunity for youth to come and play fun organized games in the Gym and to be physically fit. This is designed for 5-12 year olds.

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

