



May

Group Fitness Schedule

2016



Monday	Tuesday	Wednesday	Thursday	Friday
2 YOGA 12:10 pm Cross Training 5:45pmpm	3 Cross Training 12:10pm Group Cycle-6pm	4 Zumba-12:10pm 	5 Cross Training 12:10pm CINCO DE MAYO YOGA 6pm	6 Zumba-10:30am
9 YOGA 12:10 pm Cross Training 5:45pmpm	10 Cross Training 12:10pm Group Cycle-6pm	11 Zumba-12:10pm 	12 Sovereignty Day	13 Zumba-10:30am
16 YOGA 12:10 pm Cross Training 5:45pmpm	17 Cross Training 12:10pm Group Cycle-6pm	18 Zumba-12:10pm 	19 Cross Training 12:10pm YOGA 6pm	20 Zumba-10:30am
23 YOGA 12:10 pm Cross Training 5:45pmpm	24 Cross Training 12:10pm Group Cycle-6pm	25 Zumba-12:10pm 	26 Cross Training 12:10pm YOGA 6pm	27 Zumba-10:30am
30 	31 Water Aerobics 8:30am Group Cycle-6pm			

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 May 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.

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

