



November

Group Fitness Schedule

2016



Monday	Tuesday	Wednesday	Thursday	Friday
	1 <i>Cross Training 12:10pm</i> <i>Group Cycle-6pm</i>	2 <i>Zumba-12:10pm</i> 	3 <i>Cross Training 12:10pm</i> <i>Diabetes Bingo</i>	4 <i>Zumba-10:45</i>
7 <i>YOGA 12:10 pm</i> <i>Cross Training 5:45pm</i>	8 <i>Cross Training 12:10pm</i> <i>Group Cycle-6pm</i>	9 <i>Zumba-12:10pm</i> 	10 <i>Cross Training 12:10pm</i> <i>YOGA 6pm</i>	11
14 <i>YOGA 12:10 pm</i> <i>Cross Training 5:45pm</i>	15 <i>Cross Training 12:10pm</i> <i>Group Cycle-6pm</i>	16 <i>Zumba-12:10pm</i> 	17 <i>Cross Training 12:10pm</i> <i>No Class</i>	18 NO CLASS
21 <i>YOGA 12:10 pm</i> <i>Cross Training 5:45pm</i>	22 <i>Cross Training 12:10pm</i> <i>Group Cycle-6pm</i>	23 <i>No Class</i>	24 	25 NO CLASS
28 <i>YOGA 12:10 pm</i> <i>Cross Training 5:45pm</i>	29 <i>Cross Training 12:10pm</i> <i>Group Cycle-6pm</i>	30 <i>Zumba-12:10pm</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

Group Fitness Schedule for November 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.

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

