



# April

## Group Fitness Schedule

### 2018



Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Zumba-12:10pm</b>  <b>Cross Training 5:45pm</b>	3 <b>Weight Room 12pm</b>  <b>Group Cycle-6pm</b>	4 <b>Group Cycle 12:10pm</b>  <b>Cross Training 5:45pm</b>	5 <b>CrossTraining 12:10pm</b>  <b>YOGA 6pm</b>	6
9 <b>Zumba-12:10pm</b>  <b>Cross Training 5:45pm</b>	10 <b>Weight Room 12pm</b>  <b>Group Cycle-6pm</b>	11 <b>Group Cycle 12:10pm</b>  <b>Cross Training 5:45pm</b>	12 <b>CrossTraining 12:10pm</b>  <b>YOGA 6pm</b>	13
16 <b>Zumba-12:10pm</b>  <b>Cross Training 5:45pm</b>	17 <b>Weight Room 12pm</b>  <b>Group Cycle-6pm</b>	18 <b>Group Cycle 12:10pm</b>  <b>Cross Training 5:45pm</b>	19 <b>CrossTraining 12:10pm</b>  <b>YOGA 6pm</b>	20
23 <b>Zumba-12:10pm</b>  <b>Cross Training 5:45pm</b>	24 <b>Weight Room 12pm</b>  <b>Group Cycle-6pm</b>	25 <b>Group Cycle 12:10pm</b>  <b>Cross Training 5:45pm</b>	26 <b>CrossTraining 12:10pm</b>  <b>YOGA 6pm</b>	27
30 <b>Zumba-12:10pm</b>  <b>Cross Training 5:45pm</b>				

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 April 2018

- 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](mailto:Agonzales@ftmcdowell.org)

