



February

Group Fitness Schedule

2014

Monday	Tuesday	Wednesday	Thursday	Friday
 12:10pm 3	Cross Training 12:10pm 4	Elderly EX 10am 5	Cross Training 12:10pm 6	 10:00am 7
 12:10pm 10	Cross Training 12:10pm 11	Elderly EX 10am 12	Cross Training 12:10pm 13	 10:00am 14
 President's Day 17	Cross Training 12:10pm 18	Elderly EX 10am Salt River Zumba Party-5:30! 19	Cross Training 12:10pm 20	 10:00am 21
 12:10pm 24	Fun Run 5:45pm 25	Elderly EX 10am 26	Cross Training 12:10pm 27	 10:00am 28

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, CF-L1 trainer
 For any questions please call 480-789-7862

