



# January

## Group Fitness Schedule

### 2014

Happy  
New  
Year!

Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2 Cross Training 12:10pm	3
6  12:10pm Warrior Workout (Teens) 4pm	10 Cross Training 12:10pm (beginner)	11 Warrior Workout (Teens) 4pm	12 Cross Training 12:10pm	13  10:00am
13  12:10pm Warrior Workout (Teens) 4pm	14 Cross Training 12:10pm (beginner)	15 Warrior Workout (Teens) 4pm	16 Cross Training 12:10pm	17  10:00am
20 NO CLASS MLK Day	21 Cross Training 12:10pm (beginner)	22 Warrior Workout (Teens) 4pm	23 Cross Training 12:10pm	24  10:00am
27  12:10pm Warrior Workout (Teens) 4pm	28 Cross Training 12:10pm (beginner)	29 Warrior Workout (Teens) 4pm	30 Cross Training 12:10pm	31  10:00

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



# Group Fitness Schedule for Jan. 2014

- 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. Constantly varied, functional movements at high intensity will be performed. All fitness levels welcome.

**Warrior Workout-** This class will be for teens after school to lift weights in a group setting. All fitness levels welcome, must be 14yrs. or older to participate. This class will be held out side in the back of the Rec. Center.

For any Questions about the Fitness classes or events, please contact  
Andrew Gonzales at 789-7862 or [Agonzales@ftmcdowell.org](mailto:Agonzales@ftmcdowell.org)

