



EFFECTIVE:
June 1, 2018

2130 West Chandler Boulevard Chandler, AZ 85224

Group Fitness Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM	BRING IT ON Denise		BRING IT ON Denise				
6:30AM	Rise and Shine Yoga Kai		Rise and Shine Yoga Kai				
8:00AM						YOGA-LATE Denise	
9:00AM		Circuit/Interval Training Karen H.	DUMP IT UP Monica		YOGA Selma	Tabata/Kickboxing Denise/Yolanda	
10:00AM	PILATES Patty	 Cardio Circuit-Karen			PILATES Patty	DUMP IT UP Denise/Yolanda	
10:30AM				 Cardio Circuit-Karen			YOGA Kai
11:00AM	 Muscular Strength-Patty		<i>Stability & Balance</i> Deborah		 Muscular Strength-Patty	Pound Laura	
11:15AM							
4:30PM		TABATA Denise		TABATA Monica			
5:30PM	POUND Leah	Turbo Kick Becky	MIXEDFIT Isabel				
6:00pm				YOGA Jan			
6:30PM		Gentle Yoga Connie	POUND Laura				
7:00PM				COMMIT Isabel			

Pool/Aqua Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM						AQUA AEROBICS Ina Kay	
9:00AM		Aqua Boot Camp Connie		<i>AQUA</i> Janice			
9:30AM	POWER SPLASH Kat		AQUA AEROBICS Linnea		AQUA AEROBICS Lee		
10:00AM		AQUA AEROBICS Carol		AQUA AEROBICS Janice			
10:30AM	AQUA YOGA Connie						
11:00AM		AQUA BALANCE Jan		AQUA BALANCE Jan			
12:00PM							FAMILY SWIM 12:00-6:00PM
	The Pool is Available for general swim during swim lessons and anytime classes are NOT in session. The Pool Lane Line will be Removed 5 Minutes Prior to the Start of Class.						
4:15-6:15PM							
6:15PM	POWER SPLASH Kat/Ina Kay		AQUA AEROBICS Jan	H2O Aquafit Bootcamp Connie			

All classes are subject to change without notification.

Monday-Thursday
5:00am-11:00pm
Friday 5:00am-10:00pm
Saturday 6:00am-8:00pm
Sunday 7:00am-7:00pm
480-812-0200

KidZone Hours:
Monday-Thursday 8:00am-12:00pm
and 4:00-8:00pm
Friday 8:00am-12:00pm and 4:00-7:00pm
Saturday 8:00am-12:00pm

www.stafitnowaz.com