



## Group Fitness Class Schedule

1495 S. Higley Rd  
Gilbert, AZ 85295  
(480) 525-2222

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM	<b>Yoga</b> Charlotte		<b>Yoga</b> Syrell		<b>Yoga</b> Regan		
9:30am						<b>Yoga</b> Devi	
10:00am	<b>Cardio Hip Hop</b> Julie		<b>Cardio Hip Hop</b> Julie		<b>Zumba</b> Kastle		
*7:00 PM	<b>Yoga</b> Vanessa	<b>Yoga</b> Regan	<b>Yoga</b> Susan	<b>Yoga</b> Syrell			

### Class Descriptions

<b>Cardio Hip Hop</b>	Get the most amazing cardiovascular work out by dancing with one of our very best hip hop dance instructors. Hip rotational movement, dance and agility all in one!
<b>Yoga</b>	All In Yoga utilizes traditional, as well as modern, fusion styles, concentrating on physical and mental well-being while using bodily postures, breathing techniques, and meditation with the goal of bringing about a healthy body and peaceful mind. All levels welcome.
<b>Zumba®</b>	Join the fitness revolution with a fun, interactive exercise that fuses contagious Latin and international rhythms with spicy hot dance moves from salsa, merengue, hip hop and more. Shake up your workout and come join the house party that never ends and dance your way to a healthier, sexier you! All levels welcome.

# FIT LIFE

## Class Schedule

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Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		<b>Bootcamp Circuit</b> Charlotte		<b>Bootcamp Circuit</b> Charlotte		
8:30 AM						<b>Bootcamp Circuit</b> Kaelin
9:00am		<b>HIIT Intro</b> Patrick		<b>HIIT Hardcore</b> Patrick		
9:30am	<b>Bootcamp Circuit</b> Charlotte		<b>Bootcamp Circuit</b> Sassi			
6:30pm	<b>Bootcamp Circuit</b> Kaelin	<b>Bootcamp Circuit</b> Melissa	<b>Bootcamp Circuit</b> Kaelin	<b>Bootcamp Circuit</b> Melissa		

## Class Descriptions

<b>Functional Boot Camp</b>	Total body circuit (station) training to improve functional fitness to those new to working out. This class focuses on cardiovascular conditioning, balance, coordination, and muscle strength through body weight exercises. Exercises modified for those with injuries or physical limitations. All Levels welcome. Classes taught by certified personal trainer.
<b>HIIT</b>	Total body circuit training to improve functional fitness. This class focuses on cardiovascular conditioning, balance, coordination, and muscle strength through body weight exercises. Fun indoor/outdoor group activities on occasion. Classes taught by certified personal trainer.