



Cavecreek Group Fitness Schedule 2/1/12

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---------------|---|--|--|---|---|---|-------------------------------------|---------------------------------------|
| Spinning | | Elena 5:30- 6:30 | Kerry 5:30-6:30am | | Kerry 5:30-6:30am | Regina 5:30-6:30am | VIDEO SPIN 6:00-7:00am | |
| | | | VIDEO SPIN 7:00-9:00am | | VIDEO SPIN 7:00-9:00am | | Kerry 7:00-8:00am | |
| | Kerry/Danielle 8:00-9:00am | Incredible Intervals Kelley 9:00-10:00am | Spin Sanity Sara 9:00-10:00am | Super Spin Regina 9:00-10:00am | Spin to Thin Sara 9:00-10:00am | Fun Friday Spin Danielle 9:00-10:00am | | Kelley 8:30-9:30am |
| | New York Spin Maryann 10:00-11:00am | Hitting the Hills Regina 10:00-11:00am | Express Spin Natalie B. 10:00-10:45am | New York Spin Maryann 10:00-11:00am | Express Spin Natalie B. 10:00-10:45am | Fat Burning Friday Regina 10:00-11:00am | | Nadine 9:30-10:30am |
| | VIDEO SPIN 11:00am-7:00pm | VIDEO SPIN 11:00am-4:00pm | | VIDEO SPIN 11:00am-5:00pm | VIDEO SPIN 11:00am-5:00pm | VIDEO SPIN 12:00-9:00pm | | VIDEO SPIN 11:00am-7:00pm |
| | | Danielle 5:30-6:30 | VIDEO SPIN 12:00am-5:00pm | | | | | |
| | | Monday Madness Spin | Elena 5:30-6:30pm | Naydine 5:30-6:30pm | | | | |
| | | VIDEO SPIN 7:00-9:00pm | VIDEO SPIN 7:00-9:00pm | VIDEO SPIN 7:00-9:00pm | VIDEO SPIN 7:00-9:00pm | | | |
| Zen | | | Flow n Go Yoga Julie 6:00 am | | Flow n Go Yoga Julie 6:00 am | | | |
| | | | Stretch Greg 8:00-9:00am | Yoga Fusion Gerri 9:00-10:00 | Stretch Greg 8:00-9:00am | Yoga Fusion Gerri 9:00-10:00 | | |
| | | Smokin Hot Heated Yoga Gerri 9-10:00 | | | | | | Flow/ Yin Michele/Alice 9:30-10:30 |
| | | | | | | Flow Yoga Michele 10:00-11:00am | | |
| | | Advanced Flow Michele 11:00-12:00 | Restorative Yoga Gerri 12:00-1:00pm | Advanced Flow Michele 11:00-12:00 | Restorative Yoga Gerri 12:00-1:00pm | Yin Yoga Michele 11:00-12:00pm | | |
| | | Yin Yoga Adam 12:30-1:30pm | | Yin Yoga Adam 12:30-1:30pm | | | | |
| | | Flow Yoga Adam 4:30-5:30pm | Smokin Hot Heated Yoga Gerri 5:30-6:30 | | All Levels Adam 5:15-6:15pm | | | |
| | | Hatha Yoga Adam 5:30-6:30pm | Yin Yoga Alice 6:30-7:30pm | Hatha Yoga Adam 5:30-6:30pm | Hot Yoga Gerri 6:30-7:30 | | | |
| Group Fitness | | | Bootcamp Terry 5:30-6:30am | Cardio Kickbox Lynette 5:30-6:30am | Full Body Blast Terry 5:30-6:30am | Bootcamp Lynette 5:30-6:30am | | |
| | Bootcamp Terry 9:00-10:00am | Down n' Dirty Anne 9:00-9:50am | Zumba Jen 9:00-9:55 | Cardio Core Kelly 9:00 to 10:00 | Zumba Christy 9:00-9:55 | Down n' Dirty Anne 9:00-9:50am | Chisel Marryann 10:00-11:00AM | |
| | | H.I.I.T. Kelley 10:00-10:45 | Chisel Maryann 10:00-11:00am | | Chisel Maryann 10:00-11:00am | Zumba Jen 10:00 AM | | |
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| | | Body Blast Naydine 4:30 pm | Fit-X Kickbox Tom 4:30-5:30pm | Body Blast Nadine 4:30pm | Fit-X Kickbox Nadine 4:30pm | | | |
| | | | Boot Camp John 5:30-6:30pm | | Boot Camp Nadine 5:30pm | | | |

Club Hours:

Monday- Friday 4:30am - 10:00pm
Saturday- Sunday 6:00am - 7:00pm

Daycare Hours:

Monday- Friday 7:30am - 1:00pm
3:00pm - 8:00pm
Saturday- Sunday 8:00am -12:30pm

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| Red Light | Cancelled classes | Yellow Light | Need to increase class attendance | Green Light | New classes |
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