

FREE to Members Group Exercise Schedule

Classes are Free!
But Registration is Required

You can reserve your spot online beginning at 5AM the day before. Just visit www.copperskymaricopa.com or simply scan the QR code below.



Aqua



Cycle



Dance



Senior Classes



Strength and Conditioning


















































Yoga



To see class descriptions and to register for classes.

FREE to Members Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM - Aqua Fit Suzy - Pool 	6:30 AM - Cycle Coco - Studio B 	6:30 AM - Cycle, Strength, & Stretch Coco - Studio B 	6:30 AM - Cycle Coco - Studio B 	8:00 AM - Aqua Fit Suzy - Pool 	9:30 AM - Family Zumba Nancy - Studio A 
8:30 AM - Ultimate Conditioning Theresa - Studio A 	8:10 AM - Ultimate Conditioning Jeanette - Studio A 	8:00 AM - Aqua Fit Suzy - Pool 	8:10 AM - Ultimate Conditioning Jeanette - Studio A 	8:30 AM - Ultimate Conditioning Theresa - Studio A 	
9:30 AM - Silver Sneakers Classic Suzy - Gym 	8:10 AM - Seated Zumba Toning Suzy - Gym 	8:30 AM - Ultimate Conditioning Theresa - Studio A 	8:10 AM - Seated Zumba Toning Suzy - Gym 	9:30 AM - Step Aerobics Theresa - Studio A 	
9:30 AM - Pound Maria - Studio B 	9:30 AM - SHiNE Dance Fitness 1st, 3rd, 5th Tue SHiNE Dance 2nd, 4th Tue SHiNE LIGHT Lari - Studio A 	9:30 AM - Silver Sneakers Classic Suzy - Gym 	9:30 AM - Silver Sneakers Circuit Lari - Gym 	9:30 AM - Silver Sneakers Classic Lari - Gym 	
10:45 AM - Zumba Maria - Studio A 	10:45 AM - Zumba Nancy - Studio A 	10:45 AM - Zumba Maria - Studio A 	9:30 AM - Zumba Nancy - Studio A 	9:30 AM - Zumba Toning Suzy - Studio B 	
10:45 AM - Chair Yoga Wanda - Gym 	10:45 AM - Zumba Nancy - Studio A 	12:00 PM - Ultimate Conditioning Jeanette - Studio B 	11:00 AM - Yoga Wanda - Studio B 	10:45 AM - Zumba Maria - Studio A 	Sunday
12:00 PM - Ultimate Conditioning Jen - Studio B 	11:00 AM - Yoga Wanda - Studio B 	6:00 PM - Cycle Coco - Studio B 	6:00 PM - Power Yoga Wanda - Studio A 	12:00 PM - Ultimate Conditioning Jen - Studio B 	
6:00 PM - Cycle Coco - Studio B 	6:00 PM - Power Yoga Wanda - Studio A 	6:00 PM - Zumba Clarissa - Studio A 	7:30 PM - Dance Fit Cheryl - Studio A 	6:00 PM - SHiNE Dance Fitness Lari - Studio A 	
6:00 PM - Zumba Clarissa - Studio A 	7:30 PM - Dance Fit Cheryl - Studio A 	7:15 PM - Zumba Toning Josie - Studio A 			
7:15 PM - Zumba Toning Josie - Studio A 		7:30 PM - Yoga Wanda - Studio B 			
7:30 PM - Yoga Vickie - Studio B 					

SCAN ME!
To Register