






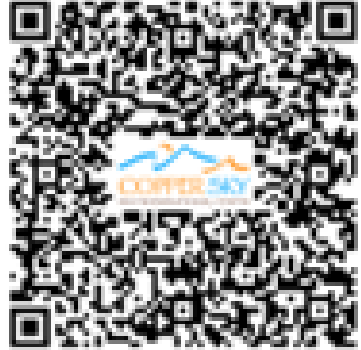





FREE to Members Group Exercise Schedule 11/1/24-12/11/24



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 - Silver Sneakers Circuit Lari - Gym 	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 	9:30 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 - SHiNE Dance Fitness Lari - Studio A 	12:00 PM - Ultimate Conditioning Jeanette - Studio B 	10:45 AM - SHiNE LIGHT Dance Fitness Lari - Studio A 	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 Kim - Studio B 	11:00 AM - Yoga Wanda - Studio B 	12:00 PM - Ultimate Conditioning Jen - Studio B 	
6:00 PM - Cycle Kim - Studio B 	6:00 PM - Power Yoga Wanda - Studio A 	6:00 PM - Zumba Clarissa - Studio A 	6:00 PM - Power Yoga Wanda - 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 	7:30 PM - Dance Fit Cheryl - Studio A 	6:00 PM - Cycle Kim - Studio B 	
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

See reverse side for additional information.

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



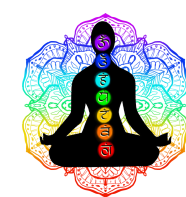
Dance



Senior Classes



Strength and Conditioning



Yoga



To see class descriptions and to register for classes.