

CHANDLER

3050 S. Gilbert Rd Chandler, AZ 85249 (480) 413-1111

Effective January 5, 2012

For a full list of schedules & class descriptions, please visit us at

www.fitnessworks.com



FITNESS WORKS
ATHLETIC CLUBS

To create the most enjoyable
results driven atmosphere.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:15am	BODYPUMP Emilee	BODYCOMBAT Cindy A.	BODYPUMP Marci	BODYFLOW Wendy	BODYPUMP Marci		
5:15am	rpm Cindy A.	rpm Carmen	rpm Emilee	rpm Miranda	rpm Rob		
5:15am Studio B	F.I.T. Brian I.	F.I.T. Brian I.	F.I.T. Brian I.	F.I.T. Chase	F.I.T. Chase		
6:20am Studio B		LES MILLS CXWORX Cindy A.		LES MILLS CXWORX Michael NEW			
6:20am		BODYPUMP Elisa		BODYPUMP Debbie			
7:25am						BODYATTACK Emilee	
7:45am						rpm Bob	
8:00am Pool						water motion Jen B.	
8:00am Studio B						INTENSITY Chase/Eric NEW	
8:30am	BODYCOMBAT Natalie	BODYPUMP Kim S.	BODYSTEP Lori	BODYPUMP Camille	BODYATTACK Natalie	BODYPUMP Wendy	BODYPUMP Stephanie G.
8:45am	rpm Emilee	rpm Marci	rpm Rob	rpm Gerald	rpm Bob	rpm MAX Miranda	rpm Gerald
9:05am Pool	water motion Melanie F		Aqua Fit Bev		water motion Jen B		
9:05am Studio B	F.I.T. Eric	INTENSITY Eric	ZUMBA FITNESS Shelly	INTENSITY Eric	BODYFLOW Rob	LES MILLS CXWORX Kristin NEW	LES MILLS CXWORX Cindy A.
9:35am	BODYPUMP Melissa	BODYSTEP Ann	BODYPUMP Lori	BODYFLOW Manon	BODYPUMP Natalie	BODYSTEP Ann	BODYCOMBAT Cindy A.
9:45am		rpm Lori	rpm Elisa	rpm Lisa		Swim Lessons 930am-1pm	rpm Debbie
10:10am Pool	Aqua Fit Robbi	Silver Flipper Melanie W		Silver Flipper Robbi			
10:00am Studio B		LES MILLS CXWORX Heather		LES MILLS CXWORX Kristin		F.I.T. Chase	
10:10am Studio B	INTENSITY Eric		INTENSITY Eric		INTENSITY Eric		
10:35am Studio B		F.I.T. Franco	NEW	F.I.T. Franco			
10:40am	BODYPUMP Miranda	BODYFLOW Jack NEW	BODYPUMP Tara	ZUMBA FITNESS Shelly	BODYCOMBAT Kim P.	BODYFLOW Wendy	BODYPUMP Brad
11:00am	Cinema Ride	Cinema Ride	Cinema Ride	Cinema Ride	Cinema Ride		
11:15am Studio B		LES MILLS SH'BAM Jackie		LES MILLS SH'BAM Kristin B			

All classes are subject to change without notification.

Pool is available for lap swim during swim lessons and anytime classes are not in session.

If you have any questions or comments about Group Fitness, please contact Melissa Gelotte at 413-1111 or godirector@fitnessworks.com.

CLUB HOURS:

Mon-Thu 4:00am - 11:00pm
Fri 4:00am - 10:00pm
Sat 6:00am - 8:00pm
Sun 7:00am - 7:00pm

KIDZONE HOURS:

Mon-Thu 8:00am - 12:30pm
3:30pm - 9:00pm
Fri 8:00am - 12:30pm
3:30pm - 8:00pm
Sat 7:00am - 2:00pm
Sun 8:00am - 1:00pm

INFANT HOURS:

Mon-Thu 8:00am - 12:30pm
4:00pm - 8:00pm
Fri 8:00am - 12:30pm
4:00pm - 7:00pm
Sat 8:00am - 1:00pm
Sun 8:00am - 12:00pm

CHANDLER

3050 S. Gilbert Rd Chandler, AZ 85249 (480) 413-1111



Effective January 5, 2011

For a full list of schedules & class descriptions, please visit us at
www.fitnessworks.com

To create the most enjoyable
results driven atmosphere.

	MON	TUE	WED	THU	FRI	SAT	SUN
12:00pm	MSROM: Michelle		MSROM: Michelle			Kim S.	Veronica
1:00pm Pool						Family Swim 1-4pm	Family Swim 1-4pm
2:00pm	Cinema Ride	Cinema Ride	Cinema Ride	Cinema Ride	Cinema Ride		
2:45pm Pool	Swim Lessons 2:45-5:45pm		Swim Lessons 2:45-5:45pm				
4:20pm	Natalie	Betsy	Alicia NEW	Ann	Marie		Amy
5:05pm Studio B	Brian N.	Chase	Eric	Chase	Heather O.		
5:15pm	Spencer	Veronica	Lisa	George	Elisa		
5:25pm	Alicia	Kim P.	Mary Kay	Kim P.	Heather L.		
6:00pm Conference Room			Nutrition Seminar	3rd Wednesday of every month!!			
6:10pm Studio B	Brian N.	Chase	Heather L.	Eric			
6:10pm Pool	Jen B.		Jen B.				
6:15pm	Miranda		Miranda NEW				
6:30pm	Nikki	Wendy C.	Rob	Brian I.	Chelsea NEW		
6:45pm Studio B	Franco NEW	Heather L. NEW	Franco NEW	Brad			
7:20pm Studio B	Eric	Eric	Franco	Eric			
7:35pm	Manon	Jessica G.	Jessica S.	Meredith			

All classes are subject to change without notification.

LAP SWIM: (For members 16yrs old & older)
Pool is available for lap swim during swim lessons and anytime classes are not in session
The pool lane will be removed 5 min prior to class start time.

If you have any questions or comments about Group Fitness, please contact Melissa Gelotte at 413-1111 or godirector@fitnessworks.com.

CLUB HOURS:

Mon-Thu 4:00am - 11:00pm
Fri 4:00am - 10:00pm
Sat 6:00am - 8:00pm
Sun 7:00am - 7:00pm

KIDZONE HOURS:

Mon-Thu 8:00am - 12:30pm
3:30pm - 9:00pm
Fri 8:00am - 12:30pm
3:30pm - 8:00pm
Sat 7:00am - 2:00pm
Sun 8:00am - 1:00pm

INFANT HOURS:

Mon-Thu 8:00am - 12:30pm
4:00pm - 8:00pm
Fri 8:00am - 12:30pm
4:00pm - 7:00pm
Sat 8:00am - 1:00pm
Sun 8:00am - 12:00pm