

GLENDALE

EFFECTIVE January 2, 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 Alejandra	BODYCOMBAT Moises	BODYPUMP Cindy	BODYATTACK Charmaine	BODYPUMP Shelley		
5:15am							
8:00am Pool						watermotion Gaby	
8:15am Studio B						INTENSITY Ashley	
8:30am	BODYPUMP Stacy	BODYSTEP Alejandra	BODYPUMP Alisa	BODYCOMBAT Ashley	BODYPUMP Alejandra	BODYCOMBAT Wendy	BODYPUMP Chad
8:45am	rpm NaTasha		rpm Shelley		rpm Shelley	rpm Ebony	
8:45am Studio B		BODYPUMP Cindy					
9:05am Pool	Aqua Fit Dian	Silver Flipper NaTasha	Aqua Fit Dian	Silver Flipper NaTasha	watermotion Gaby	Aqua Fit Susan	
9:05am Studio B	F.I.T. Lana		F.I.T. Lana	INTENSITY Wendy	F.I.T. Wendy	LESMILLS CXWORX Ashley	
9:35am	BODYSTEP Stacy	ZUMBA FITNESS Alejandro	BODYATTACK Alisa	BODYPUMP Stacy	BODYATTACK Alisa	BODYPUMP Tasha	BODYATTACK Chad
9:45am	New		New				rpm Tiffany
10:00am Studio B		LESMILLS CXWORX Wendy		LESMILLS CXWORX Wendy		F.I.T. Wendy	
10:40am Studio B		F.I.T. Aaron		F.I.T. Aaron	The Silver Sneakers Fitness Program Dian		
10:40am	The Silver Sneakers Fitness Program Rhonda		The Silver Sneakers Fitness Program Dian	ZUMBA FITNESS Alejandro	ZUMBA FITNESS Alejandro	BODYFLOW Ebony	BODYCOMBAT Moises
11:00am	Cinema Ride	Cinema Ride	Cinema Ride	Cinema Ride	Cinema Ride		

All classes are subject to change without notification.

LAP SWIM: (For members 16yrs old & older)

Pool is available for lap swim anytime classes are not in session. The pool lane will be removed 5 min prior to class

If you have any questions or comments about Group Fitness, please contact Tasha Lowe at 623.872.8000 or gfm.glendale@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 - 1:00pm
 Sun Closed

INFANT HOURS:

Mon-Thu 8:00am - 12:30pm
 4:00pm - 8:00pm
 Fri 8:00am - 12:30pm
 4:00pm - 6:00pm
 Sat 8:00am - 12:00pm
 Sun Closed

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	MON	TUE	WED	THU	FRI	SAT	SUN
12:00pm						ZUMBA Meliessa	ZUMBA Alejandro
1:00pm Pool						Family Swim 1-3pm	Family Swim 12-2pm
2:00pm	Cinema Ride	Cinema Ride	Cinema Ride	Cinema Ride	Cinema Ride		
3:15pm	ZUMBA Elisa	New ↓	ZUMBA Elisa		BODY COMBAT Jose		
4:20pm	BODY PUMP Moises	BODY COMBAT Millie	BODY PUMP Alejandra	BODY ATTACK Cindy	BODY PUMP Wendy		
5:25pm	BODY COMBAT Millie	BODY PUMP Cindy	BODY STEP Stacy	BODY PUMP Cindy	BODY FLOW Karen		
5:30pm Studio B	LES MILLS CXWORX Ashley		LES MILLS CXWORX Ashley				
6:00pm Conference Room			vfit Nutrition Seminar	4th Wednesday of every month!			
6:10pm Pool	water motion Susan		water motion Gaby	Aqua Fit Mary Beth			
6:10pm Studio B	INTENSITY Ashley	BODY FLOW Glenn	INTENSITY Ashley	BODY FLOW Glenn			
6:15pm		rpm Wendy		rpm Wendy			
6:30pm	BODY PUMP Alisa	BODY ATTACK Alejandra	BODY PUMP Kristen	BODY COMBAT Roxanne	ZUMBA Meliessa		
7:15pm Studio B	F.I.T. Wendy	INTENSITY Wendy	F.I.T. Wendy	INTENSITY Lana			
7:15pm	rpm Ebony		rpm Ebony				
7:35pm	BODY JAM Ana	ZUMBA Meliessa	SH'BAM Kristen	ZUMBA Meliessa			
8:10pm Studio B	BODY FLOW Ebony	F.I.T. Aaron	BODY FLOW Ebony	F.I.T. Aaron	NEW TIME & CLASSES!		

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