

# MESA

**EFFECTIVE: January 16, 2012**

For a full list of schedules & class descriptions, please visit us at  
[www.fitnessworks.com](http://www.fitnessworks.com)



FITNESS WORKS  
ATHLETIC CLUBS

"To create the most enjoyable,  
results driven atmosphere."

	MON	TUE	WED	THU	FRI	SAT	SUN
5:15am	<b>BODYPUMP</b> Kimm	Total Body Workout Jennifer	<b>BODYPUMP</b> Karyn	<b>BODYSTEP</b> Jennifer	<b>BODYPUMP</b> Emilee		
5:15am	<b>rpm</b> Rob	<b>rpm</b> Emilee	<b>rpm</b> Jenniter	<b>rpm</b> George			
5:15am Pool	<b>Aqua Fit</b> Patti		<b>Aqua Fit</b> Kimm		<b>Aqua Fit</b> Kimm		
6:20am GPT room	<b>EFT</b> John		<b>EFT</b> John		<b>EFT</b> John		
7:15am						<b>MAX</b> Jennifer	
7:25am						<b>BODYSTEP</b> April	
8:15am							<b>rpm</b> Spencer
8:00am GPT room						<b>INTENSITY</b> John	
8:00am Pool	<b>Aqua Fit</b> Wendy	<b>water motion</b> Christi	<b>Aqua Fit</b> Amelia	<b>water motion</b> Christi	<b>Aqua Fit</b> Judy	<b>water motion</b> Christi	
8:30am	<b>BODYSTEP</b> Marie	<b>BODYPUMP</b> Wendy	<b>BODYSTEP</b> April	Total Body Workout Rob	<b>BODYCOMBAT</b> Sarah	<b>BODYPUMP</b> Meredith	<b>BODYCOMBAT</b> Debra
8:45am	<b>rpm</b> Miranda	<b>rpm</b> Miranda	<b>rpm</b> Bob	<b>rpm</b> Jennifer	<b>rpm</b> George		
9:00am GPT room	<b>LES MILLS CXWORX</b> Rob	<b>EFT</b> Melanie	<b>LES MILLS CXWORX</b> Brandon	<b>EFT</b> John	<b>LES MILLS CXWORX</b> Kristin B	<b>LES MILLS CXWORX</b> Melanie	
9:05am Pool	<b>Aqua Sculpt</b> Judy	<b>Aqua Fit</b> Amelia	<b>Aqua Fit</b> Judy	<b>Aqua Fit</b> Wendy	<b>Aqua Sculpt</b> Judy	<b>Sawbra</b> Barbie	
9:35am	<b>BODYPUMP</b> Marie	<b>BODYFLOW</b> Camille	<b>BODYPUMP</b> April	<b>GROUP ACTIVE</b> Micki	<b>BODYPUMP</b> April	<b>BODYFLOW</b> Alicia	<b>BODYFLOW</b> Athena
9:35am GPT Room	<b>INTENSITY</b> John		<b>INTENSITY</b> John		<b>INTENSITY</b> John	<b>EFT</b> Melanie	
10:10am Pool		<b>Sawbra</b> Barbie		<b>Sawbra</b> Kathya			<i>Family Swim</i> 10:00-1:00pm
10:40am	<b>BODYFLOW</b> Wendy	<b>Sneakers</b> CardioCircuit:Micki	<b>GROUP ACTIVE</b> Micki	<b>Sneakers</b> CardioCircuit:Holly	<b>BODYFLOW</b> Kimm	<b>GROUP ACTIVE</b> Micki	<b>BODYPUMP</b> Angela
11:15am Pool	<b>Joints in Motion</b> Judy		<b>Joints in Motion</b> Judy	<b>Joints in Motion</b> Judy	<b>Joints in Motion</b> Judy		<i>Family Swim</i> 10:00-1:00pm

All classes are subject to change without notification.

Lap Swimming is available to members 16 years and older whenever classes, lessons or other pool activities are not scheduled.

If you have questions about any of the classes, contact Tasha Lowe 480/807-5080 or [gfm.mesa@fitnessworks.com](mailto:gfm.mesa@fitnessworks.com)

6040 E. Brown Rd, Mesa, AZ 85205 (480) 807-5080

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	MON	TUE	WED	THU	FRI	SAT	SUN
12:00pm	MSROM: Corene		MSROM: Corene		MSROM: Kim S	Kathya	
1:00pm Pool						Family Swim 1:00-4:00pm	
4:20pm	Jessica	Angela	Cindy	Rebecca	Alicia		
4:30pm			Nutrition Seminar	2nd Wednesday of every month!!			
4:40pm GPT Room		Cindy A	NEW TIME!	Cindy A			
5:15pm GPT Room	Ryan	John	Melanie	John			
5:25pm	April	Chad	Carmen	Doug	Athena		
6:10pm Pool		<b>AQUA FIT</b> Darlene		<b>AQUA FIT</b> Darlene			
6:15pm	Lisa	Gerald	George				
6:10pm GPT Room	Ryan		Ryan				
6:30pm	Cathy	Grace	Laura	Selma	Kathya		
7:35pm	Michone	Skye	Maddie	Kim S.			

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### 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 - 12:00pm  
 4:00pm - 8:00pm  
 Fri 8:00am - 12:00pm  
 4:00pm - 7:00pm  
 Sat 8:00am - 12:00pm  
 Sun 8:00am - 12:00pm

### INFANT HOURS:

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