

Group Fitness Class Schedule

*This is a sample March schedule for group fitness classes within the SaddleBrooke DesertView Sports Complex. Classes and schedule are subject to change without notice at any time.



	MON	TUES	WED	THURS	FRI	SAT
7:00 AM			Power Hour		Strength	
8:00 AM	Flow & Restore	Strength	Hatha Yoga	Strength	Yoga for a Healthy Back	Strength Zumba Gold
9:00 AM	HIIT H2O PopJam	Aqua Articulations Cardio Dance Blast	Deep Water Cardio Parkinson's Class	Cardio Dance Blast Aqua Mix	Kettlebells Aqua Zumba Parkinson's Class	Aqua Intervals
10:00 AM	TRX – Level 1	Balance & Fall Prevention	TRX – Level 1	Balance & Fall Prevention	Sport's Performance	Broga
1:00 PM	Strength N' Length in the Chair	Functional Arthritic Conditioning	Chair with Flair	Functional Arthritic Conditioning		