

# ARROWHEAD FITNESS | CLASS SCHEDULE | WINTER 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning Fitness Classes</b>					
<i>Rhythm &amp; Flow Yoga</i> 06:00 - 07:00 AM <i>[Chrissy]</i>	Indoor Cycle (IC) 06:00 - 07:00 AM <i>[Simone]</i>		Indoor Cycle (IC) 06:00 - 07:00 AM <i>[Catherine]</i>	Indoor Cycle (IC) 06:00 - 07:00 AM <i>[Simone]</i>	
Indoor Cycle (IC) 08:00 - 09:00 AM <i>[Lynda]</i>	<b>Zumba Fitness</b> 08:00 - 09:00 AM <i>[Tracy &amp; Teresa]</i>	Indoor Cycle (IC) 08:00 - 09:00 AM <i>[CindySue]</i>	<b>Zumba Fitness</b> 08:00 - 09:00 AM <i>[Tracy &amp; Teresa]</i>	Indoor Cycle (IC) 08:00 - 09:00 AM <i>[Manny]</i>	
<i>Vinyasa Yoga Practice</i> 09:15 - 10:15 AM <i>[Keri]</i>	<b>Barre Above</b> 09:15 - 10:15 AM <i>[Ines]</i>	<b>Balance-Tone-Strength</b> 09:15 - 10:15 AM <i>[Tina]</i>	<b>Barre Above</b> 09:15 - 10:15 AM <i>[Ines]</i>	<b>Balance-Tone-Strength</b> 09:15 - 10:15 AM <i>[Tina]</i>	<b>Cycle/Sculpt</b> 09:30 - 10:30 AM <i>[Natalie &amp; Tina]</i>
<i>Taichi Qigong Practice</i> 10:30 - 11:30 AM <i>[Joyce]</i>		<i>Taichi Qigong Practice</i> 10:30 - 11:30 AM <i>[Joyce]</i>		<i>Pilates Floor/Mat</i> 10:30 - 11:30 AM <i>[Laurie]</i>	
<b>Afternoon Fitness Classes</b>					
<b>Boot Camp - Workout</b> 05:30 - 06:30 PM <i>[CindySue]</i>	<b>Full Body HIIT</b> 05:30 - 06:30 PM <i>[Catherine]</i>	<b>Circuit HIIT</b> 05:30 - 06:30 PM <i>[Greg]</i>	<b>Full Body Fitness</b> 05:30 - 06:30 PM <i>[Lynda]</i>		
				<i>Hatha Yoga</i> 06:00 - 07:00 PM <i>[Larisa]</i>	

## Business Hours

### Fitness Center Facility

Monday - Friday: 05:00 am - 10:00 pm

\*Saturday: 05:00 am - 08:00 pm

\*Sunday: 05:00 am - 12:00 pm

(\*Members keypad entry access only)

### Membership Registration Front Desk

Monday - Friday: 07:00 am - 9:00 pm

Saturdays: 08 am - 12 pm; 03 pm - 08 pm

Sundays: 09 am - 12 pm



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For Membership Information, Please Call: (909)-336-0111

Download & Use the MindBody App to Schedule a Class:

