

MONDAY

5:45a **GO RIDE**
Jenny : 55MIN : CS

6:30a **20/20/20**
Josh : 60MIN : COURT

8:30a **FIT BARRE**
Andrea : 50MIN : GE 1

8:30a **LOW IMPACT BODY CONDITIONING**
Tracy : 55MIN : GE 2

8:30a **GO RIDE**
Diane : 60MIN : CS

9:30a **BODY BLAST**
Tom : 75MIN : COURT

9:30a **PILATES WITH PROPS**
Jodi : 55MIN : GE 1

9:45a **GO RIDE EXPRESS**
Marcie/Heather : 45MIN : CS

9:45a **INSANE BOXING (ADVANCED)**
Jane : 65MIN : GE 2

10:45a **YOGA INSPIRED STRETCH**
Gloria : 75MIN : MB

2:00p **KINESIS**
Michael : 45MIN : CARDIO FLOOR

4:30p **POWER PILATES**
Rebecca : 45MIN : GE 1

5:30p **ALL ABOUT ABS**
Julie X : 30MIN : GE 2

6:00p **ROCK BOTTOM**
Julie X : 30MIN : GE 2

6:00p **ZUMBA**
Paula : 60MIN : GE 1

6:00p **GO RIDE TO THE RHYTHM**
Kim/Holly : 55MIN : CS

6:45p **BOOT CAMP**
Bre : 45MIN : GE 2

TUESDAY

5:30a **GO RIDE**
Tammy : 55MIN : CS

6:00a **BODY STRENGTH**
Renae : 60MIN : GE 2

6:45a **POWER WALKING**
Vera : 60MIN : LOBBY

8:00a **3.5-4.0 MENS DOUBLES**
Open Play : 2HRS : TC

8:00a **BALLET BARRE**
Julie X : 55MIN : GE 1

8:30a **H.I.I.T.**
Diane : 45MIN : GE2

8:45a **GO RIDE**
Michelle : 60MIN : CS

9:00a **BODY STRENGTH**
Mimi : 55MIN : GE 1

9:15a **CORE ROLL & RELEASE**
Diane : 30MIN : GE 2

10:00a **CROSS TRAIN CHALLENGE**
Julie X : 55MIN : GE 2

10:00a **DANCE FUSION**
Jaie J : 55MIN : GE 1

11:00a **HEALTH MOVEMENTS**
Adam : 60MIN : GE 1

1:00p **LOW IMPACT FUNCTIONAL TRAINING**
Mandy : 45MIN : GE 1

5:30p **GO RIDE**
Matt : 60MIN : CS

5:45p **BALLET BARRE**
Julie X : 60MIN : GE 1

6:00p **BOOT CAMP**
Allyson : 55MIN : GE 2

7:00p **ZUMBA**
Nathalie : 60MIN : GE 1

WEDNESDAY

5:30a **H.I.I.T.**
Jennifer H : 45MIN : GE 2

5:45a **GO RIDE**
Jenny : 55MIN : CS

6:30a **INSANITY**
Jane H : 60MIN : CARDO

8:30a **FIT BARRE**
Andrea : 50MIN : GE1

8:30a **GO RIDE**
Diane : 60MIN : CS

9:00a **ZUMBA**
Tracy : 60MIN : GE 2

9:00a **3.0-4.0 LADIES DOUBLES**
Open Play : 2HRS : TC

9:30a **BODY BLAST**
Tom : 75MIN : COURT

9:30a **PROGRESSIVE PILATES**
Wendy : 55MIN : GE 1

9:45a **GO RIDE EXPRESS**
Tammy : 45MIN : CS

10:10a **PUMP IT UP**
Josh : 60MIN : GE 2

11:00a **DEEP STRETCH & MEDITATION**
Gloria : 75MIN : MB

1:00p **TAI CHI**
Willie Lim : 60MIN : GE 1

4:30p **ATHLETIC STRETCH**
Suzy : 30/45/60MIN : GE 2

5:10p **GO RIDE**
Vince : 50MIN : CS

5:30p **ALL ABOUT ABS**
Julie X : 30MIN : GE 1

5:45p **CARDIO/SCULPT**
Jaime : 60MIN : GE 2

7:00p **KINESIS**
Dawn : 45MIN : CARDIO FLOOR

THURSDAY

5:30a **GO RIDE**
Jane H : 55MIN : CS

6:00a **BODY STRENGTH**
Jaime : 60MIN : GE 2

7:15a **HEALTH MOVEMENTS**
Adam : 45MIN : GE 2

8:00a **BALLET BARRE**
Alexis : 55MIN : GE 1

8:45a **GO RIDE**
Mimi D : 60MIN : CS

9:00a **3.0-3.5 LADIES DOUBLES**
Open Play : 2HRS : TC

9:00a **STEP**
Tracy : 55MIN : GE 2

9:00a **BOOT CAMP**
Cindy : 60MIN : COURT

9:00a **DANCE FUSION**
Rosie : 55MIN : GE 1

10:15a **YOGALATES**
Tracy : 60MIN : GE 1

10:05a **BODY STRENGTH**
Vince : 60MIN : GE 2

1:00p **LOW IMPACT FUNCTIONAL TRAINING**
Tracy : 45MIN : GE 1

5:00p **PILATES/BALLET BARRE FUSION**
Dawn : 45MIN : GE 1

6:00p **CROSS TRAINING CHALLENGE**
Mel : 60MIN : GE 2

6:30p **ZUMBA**
Nathalie : 60MIN : GE 1

7:00p **KINESIS**
Meggan : 45MIN : CARDIO FLOOR

7:30p **DEEP ATHLETIC STRETCH**
Elizabeth : 75MIN : MB

FRIDAY

5:45a **GO RIDE**
Allison : 55MIN : CS

6:30a **20/20/20**
Josh : 60MIN : COURT

8:00a **FIT BARRE**
Christine : 50MIN : GE 1

8:30a **GO RIDE**
Diane : 60MIN : CS

8:45a **GYROKINESIS**
Dawn : 60MIN : MB

9:00a **MIXED DOUBLES**
Open Play/All Levels : 2HRS : TC

9:00a **DANCE FUSION**
Rosie : 55MIN : GE 1

9:00a **INSANITY**
Morgan : 50MIN : GE 2

9:30a **BODY BLAST**
Marcie : 75MIN : COURT

9:45a **GO RIDE EXPRESS**
Lynn : 45MIN : CS

10:00a **BODY STRENGTH**
Connie : 60MIN : GE 2

10:00a **BACK AND CORE**
Suzy : 60MIN : GE 1

6:30p **MIXED DOUBLES**
EVERY 3RD FRIDAY
Open Play/All Levels : 2HRS : TC

SATURDAY

7:15a **GO RIDE EXPRESS**
Mimi C : 45MIN : CS

8:05a **BALLET BARRÉ/PILATES**
Patti : 55MIN : GE 1

8:30a **GO RIDE TO THE RHYTHM**
Kevin : 60MIN : CS

8:30a **METABOLIC CONDITIONING**
Diane : 60MIN : GE 2

9:15a **DANCE FUSION**
Paula/Rosie/Romina/Magic Mike : 55MIN : GE 1

9:45a **GO RIDE**
Jenny : 60MIN : CS

9:45a **KICKBOXING BOOT CAMP**
Lynn S : 60MIN : GE 2

10:15a **PILATES WITH PROPS**
Jodi : 55MIN : GE 1

10:50a **ALL ABOUT ABS**
Lynn S : 30MIN : GE 2

11:30a **ZUMBA**
Nelsy : 55MIN : GE 2

12:00p **DEEP ATHLETIC STRETCH**
Elizabeth : 75MIN : MB

SUNDAY

8:00a **METABOLIC CONDITIONING**
Rosie : 75MIN : GE 2/COURT

8:30a **GO RIDE TO THE RHYTHM**
Michelle : 60MIN : CS

9:00a **MIXED DOUBLES**
Open Play/All Levels : 2HRS : TC

9:00a **DANCE FUSION**
Kristine : 60MIN : GE 1

9:30a **BODY STRENGTH**
Lynn : 60MIN : GE 2

9:45a **GO RIDE**
Matt : 60MIN : CS

10:15a **BALLET BARRE I**
Julie X : 55MIN : GE 1

SPECIAL CLASSES!

Intro to Zumba
Fourth Saturday of each month :
Nelsy : 12:30p : 60min : GE 1

Intro to Go Ride
Third Saturday of each month :
11:30a : Kevin : 60MIN : CS

Intro to Equipment Pilates
Second Saturday of each month :
10:30a : 60MIN : Pilates Studio
Sign up at Front Desk : Limit 8

Kinesis
“The Original Movement” class
60MIN : Cardio Floor
Tuesday : 10:00a, 4:00p
Thursday : 10:00a, 11:15a, 4:00p
Sign up online : Limit 8 per session

Kinesis Express
Wed : 11:30am : Michael : 30MIN :
Sign up online : Limit 4

DC RANCH VILLAGE FITNESS INSTRUCTORS

NEW! **RECENTLY CHANGED**

Classes suitable for tennis conditioning.

Suitable for all levels.

Reservations required.

May be made one day in advance.

DC RANCH VILLAGE | group exercise schedule

ALL ABOUT ABS

A cutting-edge abdominal and core strength workout.

AQUA ZUMBA

Zumba is a great way to work on aerobic endurance, muscular flexibility, and joint mobility, all at the same time. It also incorporates dance rhythms and flair that make Aqua Zumba so much fun.

ATHLETIC STRETCH

Deep athletic stretching from head to toe. Learn proper stretching techniques that you can use at home. Drop in for either 30 minutes, 45 minutes or stay for the full 60 minutes.

BACK AND CORE

Core conditioning exercises, low back strengthening moves and deep stretching to condition the body's power house.

BALLET BARRÉ WORKOUT

Tone and refine your entire body with a combination of ballet, Pilates and standard exercise techniques both on and off the barre. Designed for all levels.

BODY BLAST

No equipment needed. Use body weight and balance for your anaerobic workout. Come try this new and exciting workout.

BODY STRENGTH

Challenge your muscles using hand weights and bands. This high energy class combines movement with stationary weight work.

BOOT CAMP

A fun, challenging combination of cardiovascular drills and resistance training.

CARDIO SCULPT

A high-energy class incorporating cardio intervals and weight training. A total body sculpting class that will build muscle while burning fat!! Utilizes dumbbells, resistance tubes, body bars, and a step. A fun yet challenging class that will torch calories.

CORE ROLL AND RELEASE

Exercises focusing on stabilizing and strengthening the core. Roll and release is myofascial release using the foam roller, stretching and increasing the flexibility of the entire body.

CYCLE POWER EXPRESS

High energy workout that combines rhythmic, speed and climbing drills to achieve maximum cardio training.

CROSS TRAIN CHALLENGE

A challenging total body workout that combines the perfect heart pumping cardio and strength training. The format and the equipment used will change each week for calorie burn, muscle confusion and to prevent boredom. Be prepared to sweat and have a good time.

CROSS TRAIN CYCLE

This class is a combustion of various cycling disciplines. Riders will interval and hill train, engage endurance and ride to the rhythm.

DANCE CONDITIONING

Want the body of a dancer? Come train like one! This class will be a fusion of dance and fitness based cardio movement combined with body toning and strengthening movements for a full body workout.

DANCE FUSION

In this class, the instructor can provide a variety of dances such as today's pop, hip hop, oldies, Broadway, burlesque, and many types of Latin rhythms.

DEEP LIQUID

An aqua class done mainly in the deep end of the pool. Utilizes special props to help participants get the most out of their water workout.

FIT BARRE

Take your workout to new lengths with Fit Barre, a fusion of ballet-inspired movements, sculpt training and Pilates! Small and strong isometric movements increase strength, lengthen muscles and tone problem areas. You'll immediately feel stronger and invigorated after each class. A fit for many levels, modifications are offered to adjust your workout according to your needs.

GO RIDE

Plan to pedal, climb and sprint to incredible music and extraordinary instructors.

GO RIDE EXPRESS

A 45-minute version of our popular indoor cycling class.

HAPPY HOUR YOGA

Great yoga and good music. Do something positive for your body, mind and soul.

HAVE A BALL

Find muscles you didn't know you had. All-over muscular conditioning class using the stability ball.

HEALTH MOVEMENTS

Learn to move your body to improve vision, balance, coordination, joint mobility and overall fitness level. Based on application of neuroscience principles to optimize quality of life.

H.I.I.T.

High Intensity Interval Training. 3-4 minutes of exercise with weights or using body weight followed by 30 seconds to 1 minute of high intensity cardio interval. This will build strength, endurance and burn fat. Weather permitting class will go outside.

INSANE BOXING

30 minutes of Insanity and 45 minutes of boxing, circuit training and abs. Insanity: a high intensity, anaerobic, interval training workout designed with athletic drills and modifications to accommodate various fitness levels. The results are HIGH calorie burn and cardiovascular fitness gains. Boxing and Circuit Training: TOTAL body conditioning which will hit all muscle groups and leave you feeling exhilarated and stress free. Punch off the pounds and sculpt a knockout body. Please bring your own boxing gloves as you will be hitting the heavy bags.

INSANITY

This revolutionary cardio-based total body-conditioning program is here!! This calorie torching, shirts soaking workout is based on the principles of MAX interval training and will leave you breathless. It is designed to provide you a safe, challenging and results driven workout with no equipment necessary. Plyometric drills with nonstop intervals of strength, power, resistance and core training moves can only be described by one word — INSANITY.

INTERMEDIATE/ADVANCED BARRE/PILATES

This class will be a combination of ballet based barre movement infused with strength and cardio to tone and burn calories along with Pilates to define and improve your core.

KICKBOXING

Learn to jab, punch, kick with agility, speed and coordination in a class designed to challenge your strength and cardiovascular ability. Skilled instructors will teach you proper form and provide the motivation to help you reach your peak level of performance.

KINESIS

Improve your BODY AWARENESS (coordination, posture and breathing) while working out with your friends on Kinesis and rediscover the beauty of movement (Balance + Flexibility + Strength) in a 30-minute group training session.

LIQUID FIT

Get out of the studio and jump into the pool for this non-impact full-body workout. A complete workout that's gentle on the joints.

LOW IMPACT BODY CONDITIONING

Class format combines low impact cardio with strength training exercises. Even though it is low impact it can be high or low intensity. This class is designed for all levels.

LOW IMPACT FUNCTIONAL TRAINING

Traditional low impact cardio class with light weight training. Portion of class may use stability ball.

METABOLIC CONDITIONING

4 x1 minute intervals followed by 2 minutes of cardio.

METABOLIC DISTURBANCE

Create chaos with your metabolism through reactive training and high intensity intervals. Always different, challenging your body to work within a deficit causing an after burn effect lasting up to 48 hours post workout! This class starts gentle, escalating through full body training, gradually to all our efforts! Fat loss here you come!

PILATES/BALLET BARRE FUSION

This class will be a combination of Pilates mat exercises and Ballet Barre basics. A variety of props as well as work at the bar will be incorporated. All levels welcome.

PILATES WITH PROPS

A mat Pilates class with lots of variety. Balls, rings, foam rollers and more will be used to keep things interesting.

POWER PILATES

A vigorous workout that will challenge your core strength with a classical Pilates workout. This class will teach you to combine precision and control with rhythm and flow to take your body to a whole new level of strength and flexibility.

POWER WALK

An outdoor fitness class that uses special poles to increase intensity.

PROGRESSIVE PILATES

A quick-paced Pilates class. Expect variety and upbeat music. Props used.

PUMP IT UP

Sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat and gain strength while producing lean body muscle conditioning.

ROCK BOTTOM

Have you been looking for a class that specifically targets the "problem areas" of the lower body? This 30-min format only caters to those areas we all want to get firmer—toned thighs, lifted butts and slender hips are just some of the benefits you will receive from taking the "Rock Bottom" challenge!

STEP

This in an intermediate step class. The instructor will lead the class in choreographed routines while also giving basic options. Basic step skills are recommended.

TAI CHI

Moving meditation exercises for your body and mind.

20/20/20

This 60-min power packed class is segmented into 20 minutes of various fitness disciplines. You will start with a dynamic warm-up and AEROBIC conditioning, followed by STRENGTH training mixed with cardio intervals that include Bosu, Agility Ladder, Cones and Bands. Wrap-up includes CORE skills and drills, Balance and Stretch. The format of this class focuses on circuit style training/HITT intervals/Obstacle courses and Sports Performance Training.

XTREME CYCLE

60-minute high energy level cycling class with heart pumping, exciting music. Expect inspirational coaching and an intense cardio workout with several anaerobic intervals. Lights will be kept low so that each rider can go on a journey. All levels are welcome!

YOGALATIES AND STRENGTH

This fitness class includes basic yoga positions and Pilates movements to strengthen your core, lengthen muscles and increase flexibility. The muscle conditioning will help with shoulder stabilization using a variety of equipment.

ZUMBA

Join the latest craze in the fitness world. A Latin dance based exercise class. Steps are broken down and repeated, so all levels may attend.

GROUP REFORMER

Pilates will help you achieve total body strength, increased flexibility and an amazing strong core. Previous Pilates experience of at least 3 private sessions required or instructor permission. Sign up with instructor to book your place in class.

Monday	7:00am	Jodi
Monday	8:00am	Jodi
Monday	10:00am	Alexis
Monday	11:00am	Jodi
Monday	5:30pm	Rebecca
Wednesday	6:00am	Jodi
Wednesday	7:00am	Jodi
Wednesday	9:00am	Christine
Wednesday	10:00am	Jodi
Wednesday	10:00am	Alexis
Wednesday	11:00am	Jodi
Wednesday	12:00pm	Parm
Wednesday	6:00pm	Parm
Thursday	7:00am	Jodi
Thursday	9:00am	Christine
Thursday	11:00am	Jodi
Thursday	5:30pm	Parm
Friday	7:00am	Jodi
Friday	9:00am	Jodi
Friday	10:0am	Dawn
Saturday	8:15am	Mandy
Saturday	9:30am	Jodi

- > Instructors are subject to change.
- > Indoor cycles are SPD compatible. Athletic shoes may also be worn to Cycle classes.
- > Please place cell phones on silent or vibrate during all classes.
- > Please refrain from wearing fragrances to classes.
- > Studios are climate controlled for the general population. Please dress accordingly.
- > Please contact the group exercise director, at 480.515.4031 with any questions.

Cycle classes requiring a reservation can be scheduled online or with the front desk beginning 25 hours prior to the class start time. The wait list will be cleared 5 minutes before the designated start time of the class. If you are new, please plan to arrive a few minutes early and inform the instructor that this is your first class. Bike shorts and padded seats are recommended.

Ballet Barre You must make a reservation to participate in class. Reservations can be made the prior day as soon as the club opens by calling the front desk at 480.502.8844. The wait list will be cleared 5 minutes before the designated start time of the class.



Visit our Website at for the most up-to-date group exercise schedule.

www.villageclubs.com



Club Hours:
Monday – Friday: 5:00a – 10:00p
Saturday & Sunday: 7:00a – 8:00p

Tennis Center Hours:
Monday – Friday: 6:00a – 10:00p
Saturday & Sunday: 6:00a – 8:00p

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