

group fitness class schedule

MONDAY

6:00a **FLOW YOGA**
Deb : 60MIN : YS

6:00a **BOOT CAMP**
Vince : 60MIN : FS

7:45a **DEEP STRETCH**
Mimi S : 60MIN : YS

8:00a **CYCLE**
Jinger : 60MIN : CS

8:00a **MUSCLE**
Ulyssa : 60MIN : FS

9:00a **FLOW YOGA**
Patricia : 75MIN : YS

9:00a **KINESIS**
Tess : 60MIN : TC

9:15a **CYCLE**
Randy : 60MIN : CS

9:15a **CARDIO MUSCLE**
Faye : 55MIN : FS

10:30a **POWER BARRE**
Advanced
Jinger : 60MIN : FS

10:30a **MAT PILATES - BEG/INT**
Jennifer : 60MIN : YS

11:00a **KINESIS LITE**
Sue : 55MIN : TC

12:00p **POWER BARRE**
Suzanne : 60MIN : FS

12:00p **BASIC YOGA**
Wendy : 60MIN : YS

4:30p **FLOW YOGA**
Katie Tina : 60MIN : YS

4:30p **HIIT!**
Sandi : 55MIN : FS

5:30p **CYCLE**
Patty W : 60MIN : CS

5:30p **POWER BARRE**
G : 55MIN : FS

5:45p **YOGA**
Deb : 75MIN : YS

6:30p **ZUMBA**
Nelsy : 60MIN : FS

6:30p **WATER PILATES** BEGINS 6/8
Debra : 60MIN : P

TUESDAY

5:30a **CYCLE**
Rollie : 60MIN : CS

6:00a **FLOW YOGA**
Kristin : 60MIN : YS

6:00a **KINESIS**
Michelle : 60MIN : TC

7:45a **RESTORATIVE STRETCH**
Ryan : 60MIN : YS

8:00a **CYCLE**
Jinger : 60MIN : CS

8:00a **WARM FLOW YOGA WITH AROMATHERAPY**
Shelli : 60MIN : HS

8:30a **POWER BARRE**
Faye : 55MIN : FS

9:00a **KINESIS**
Michelle : 60MIN : TC

9:15a **MAT PILATES**
Melanie : 55MIN : YS

9:15a **CYCLE**
Donna : 60MIN : CS

9:30a **WATER BOOTCAMP**
Danielle : 75MIN : P

9:30a **ZUMBA**
Lori : 55MIN : FS

10:30a **UPPER BODY BLAST & REAR ATTITUDE**
Jes : 60MIN : FS

12:00p **KUNDALINI MIX YOGA**
Hillary : 60MIN : YS

12:00p **POWER BARRE**
Andrea : 60MIN : FS

4:30p **ADVANCED FLOW YOGA**
Heidi : 60MIN : YS

4:30p **MUSCLE**
Kathy : 55MIN : FS

5:00p **CYCLE**
Heather : 60MIN : CS

6:00p **SOUL FLOW**
Jenn : 75MIN : YS

6:30p **U-JAM FITNESS®**
Kristine : 60MIN : FS

WEDNESDAY

6:00a **FLOW YOGA**
Deb : 60MIN : YS

6:00a **BOOT CAMP**
Vince : 60MIN : FS

7:45a **HEALTHY BACK**
Mimi S : 60MIN : YS

8:00a **POWER BARRE**
Tara : 60MIN : FS

8:00a **KINESIS**
Jes : 45MIN : TC

9:00a **FLOW YOGA**
Danielle : 75MIN : YS

9:00a **CYCLE**
Jes : 60MIN : CS

9:00a **KINESIS**
Christopher : 60MIN : TC

9:15a **CARDIO MUSCLE**
Faye : 55MIN : FS

9:30a **WATER FITNESS**
Helen : 60MIN : POOL

10:30a **POWER BARRE** **Advanced**
Jinger : 60MIN : FS

10:30a **MAT PILATES**
Jennifer : 60MIN : YS

11:00a **KINESIS LITE**
Sue : 55MIN : TC

12:00p **BASIC YOGA**
Hillary : 60MIN : YS

4:30p **FLOW YOGA**
Patricia : 60MIN : YS

4:30p **BALANCE, CORE & CARDIO**
Amanda : 60MIN : FS

5:30p **POWER BARRE**
Amanda : 60MIN : FS

5:45p **YOGA**
See website : 60MIN : YS

6:00p **CYCLE**
Jillian/Tess : 60MIN : CS

7:00p **YIN YOGA**
Lisa G : 60MIN : YS

THURSDAY

5:30a **CYCLE**
Rollie : 60MIN : CS

6:00a **FLOW YOGA**
Kristin : 60MIN : YS

7:45a **RESTORATIVE STRETCH**
Ryan : 60MIN : YS

8:00a **CYCLE**
Jinger : 60MIN : CS

8:00a **WARM FLOW YOGA**
Donna : 60MIN : HS

8:30a **POWER BARRE**
Lisa : 55MIN : FS

9:15a **MAT PILATES**
Melanie : 55MIN : YS

9:15a **CYCLE**
Jes : 60MIN : CS

9:30a **ZUMBA**
Paula : 55MIN : FS

10:30a **GENTLE YOGA**
Vicki : 60MIN : YS

10:30a **MUSCLE**
Kathy : 60MIN : FS

12:00p **POWER BARRE**
Andrea : 60MIN : FS

12:00p **KUNDALINI MIX YOGA**
Hillary : 60MIN : YS

4:30p **ADVANCED FLOW YOGA**
Kristin : 60MIN : YS

4:30p **HIIT!**
Heather : 60MIN : FS

5:30p **REVOLUTION CYCLE**
Stephanie : 60MIN : CS

6:00p **FLOW YOGA**
Katie Tina : 75MIN : YS

6:30p **CARDIO DANCE BLAST**
Debra : 30MIN : FS

7:00p **ROCK HARD BODY**
Debra : 30MIN : FS

FRIDAY

6:00a **BOOT CAMP**
Vince : 60MIN : FS

7:45a **DEEP STRETCH**
Mimi : 60MIN : YS

8:00a **CYCLE**
Jinger : 60MIN : CS

8:00a **MUSCLE**
Julie : 60MIN : FS

8:00a **KINESIS**
Tess : 60MIN : TC

9:00a **FLOW YOGA**
Danielle : 75MIN : YS

9:15a **CYCLE**
Jill : 60MIN : CS

9:15a **BUFF**
Brian : 60MIN : FS

10:30a **POWER BARRE** **Advanced**
Jinger : 60MIN : FS

10:30a **MAT PILATES**
Suzanne : 60MIN : YS

11:00a **KINESIS LITE**
Sue : 55MIN : TC

12:00p **POWER BARRE**
Jennifer : 60MIN : FS

12:00p **BASIC YOGA**
Hillary : 60MIN : YS

5:00p **CYCLE**
Matt : 60MIN : CS

SATURDAY

7:15a **CYCLE EXPRESS**
Rollie : 45MIN : CS

8:00a **FLOW YOGA**
Beri : 70MIN : YS

8:00a **ENDURANCE HIIT**
Vince : 60MIN : FS

8:15a **CYCLE**
Jinger : 60MIN : CS

9:00a **KINESIS**
Michelle : 60MIN : TC

9:00a **POWER BARRE**
Tara : 60MIN : FS

9:15a **WATER BOOTCAMP**
Debra : 75MIN : P

9:15a **MAT PILATES**
Jennifer H : 60MIN : YS

9:30a **CYCLE**
Donna : 60MIN : CS

10:00a **MUSCLE**
Michelle/Faye : 60MIN : FS

10:30a **FLOW YOGA**
Alicia/Katie Tina : 75MIN : YS

11:00a **U-JAM FITNESS®**
Kristine : 60MIN : FS

1:00p **KUNDALINI YOGA**
Tara Singh : 75MIN : YS

3:00p **YOGA ALL LEVELS**
Vicki : 60MIN : YS

SUNDAY

8:15a **FXP HULA TOTAL BODY SCULPT**
Suzanne : 60MIN : YS

8:15a **CYCLE**
Jillian : 60MIN : CS

9:00a **ZUMBA**
Nelsy : 55MIN : FS

9:30a **CYCLE** : 60MIN : CS
Vince/Ulyssa : 60MIN : CS

9:30a **FLOW YOGA**
Tawny : 75MIN : YS

10:00a **MUSCLE**
Jen/Tess : 75MIN : FS

3:00p **YOGA**
Linda S : 75MIN : YS

4:30p **RESTORE/YIN YOGA**
Jeanene : 75MIN : YS

Group Fitness, Yoga & Pilates Updates

- Come to class with an open mind — embrace the opportunity to do something positive for your body & mind.
- Try something new and different — a class, a teacher, a format you aren't used to...mix it up!
- Make reservations for Kinesis classes by calling the front desk the day before beginning at 5:00a.
- All reservation lists for Kinesis and Cycle classes will be cleared 5 minutes before class starts. **Riders with reservations must be on their bikes at this time.** When the list is cleared, members present and waiting will be granted a bike.
- Stay for the entire class if possible.
- Drink lots of water and take breaks when you need them.
- It is recommended that you follow proper nutrition guidelines to keep your body healthy, for example: consider eating a nutritious snack high in protein within 30–60 minutes after you finish your workout.
- Let your teacher know if you have injuries, special considerations or are new to class.

Get ready to POUND!!! Rockout. Workout.

Saturday, June 20 : 10:00a : FS
(this special class will replace the regular Muscle class on this date)
You don't want to miss this high-energy, special class. Grab a set of our special, lightly weighted fitness "drumsticks" (called Ripstix™) and be ready to move and sweat. Guest instructor Robyn (from Ocotillo Village Club) will lead this class!
POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-min series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique—all while rocking out to your favorite music!
Continual upper body motion using Ripstix™ will turn you into a calorie-torching drummer, POUNDING off pounds as each song flies by. Cost: Free. Space is limited so sign up at the front desk or the information table.

Evening Classes

Check out our later day classes highlighted in gray—we have some great new ones to choose from and more to come!

Cycle Happy Hour!

Friday, June 19 : 6:00–8:00p
You are invited to join Kimber and Karen—cycle instructors who are part of our very own membership team—for a special 60-min happy hour ride with DJ-spun tunes, followed by a delicious hosted dinner. Space is limited, so sign up now at the front desk. You may bring a guest. You don't want to miss this fun Friday ride!

Save the Date! AcroYoga Workshop with AcroBody

Sunday, July 19 : 2:00–4:00p
Featuring a fun & fresh new way to practice yoga—even for NON yogis! Fly, strengthen & stretch with a unique approach to fitness and wellness. No yoga experience necessary and guests welcome. More details to come.

YS | yoga studio
FS | fitness studio (GE1)
CS | cycle studio
TC | training center
P | pool
HS | hot studio (spa)
C | basketball court
CC | CrossFit court

All classes and instructors are subject to change. Please see the Village website for the most up-to-date Group Fitness and Yoga class information.

Visit our Web site at www.villageclubs.com
for the most up-to-date group exercise schedule.
P: 480.609.6979



A DMB PROPERTY

CLASS INTENSITY RATING SYSTEM

While it is important to remember that all classes can be modified to meet most levels of fitness, the following scale should be used to help guide you in choosing classes appropriately. All classes have been assigned one to four hearts. More hearts means the class offers a stronger intensity level, cardiovascular workout, more advanced techniques, and/or a greater level of challenge. Consider balancing your workout each week by including a variety of different class types and intensity levels.

- ♥ suitable for all levels of fitness
- ♥♥ mild to moderate intensity
- ♥♥♥ more vigorous
- ♥♥♥♥ most intense, not recommended for beginners

BALANCE, CORE & CARDIO♥♥♥

Turn it up! Get ready to blast fat and tone your body with a combination of cardio and power moves, surged with body weight and core work.

BOOT CAMP♥♥♥♥

This is the ultimate fitness workout to challenge your mind and body with an awesome blend of high intensity cardio, core condition drills, and muscle toning exercises. A wide variety of equipment, props, drills, calisthenics and more will be used. Know you can always work at your own pace, and definitely count on something new and fun!

BUFF♥♥♥

Bodies Under Force & Friction — This popular high intensity class is designed to keep your heart rate humming while you develop all-over strength, endurance, agility and balance while using the BOSU, weights and gliders.

CARDIO BLAST♥♥♥♥

This one-hour full body workout combines it all: agility drills, plyometrics, core, kickboxing and overall muscle conditioning as well. Each week will provide a fresh and fun challenge.

CARDIO MUSCLE♥♥♥

A cardio energized muscle-conditioning class utilizing the step to incorporate basic choreography.

CYCLE♥♥♥

Indoor cycle class that can be customized to almost any fitness level. You control your intensity, while the instructor cues your riding format. Formats may vary each week so you will be sure to cross train your body.

CYCLE EXPRESS♥♥♥

A shorter version of our Cycle class.

ENDURANCE HIIT!♥♥♥

High Intensity Interval Training using muscle strengthening exercises. Fire up your metabolism and get your heart pounding while gaining strength and endurance.

FXP HULA TOTAL BODY SCULPT♥♥

This cardio-fusion class will keep you challenged and motivated utilizing the FXP Hula Hoop®, small props and your own body weight. This class will provide you with a calorie-burning, total-body workout with a high-energy, low-impact flowing sequence of moves based on Pilates, ballet barre techniques and yoga, set to an inspiring playlist. The props utilized will deepen your core engagement, improve strength and coordination, and increase flexibility. All levels welcome!

HEALTHY BACK♥

A gentle class to relax, strengthen and condition the back.

HIIT!♥♥♥

HIIT, High Intensity Interval Training, combines strength, cardio and core elements into one extremely fun fitness class! From Tabata-style intervals to basic 30- or 60-second interval splits, you'll discover your greatest fitness potential as you move in and out of your anaerobic zone. Modifications are always offered, but this class really motivates you to find your edge and step out of your comfort zone to enjoy the results!

KINESIS♥♥♥

Using the four Kinesis training pods you will experience a completely different type of cardio and resistance training workout. Classes are limited to 8 people and will be filled on a first come, first served basis. Reservations are required — call the front desk the day before class to reserve your spot.

KINESIS LITE♥♥♥

Kinesis designed for those who are looking for a great all-around resistance and cardio workout that is just a little bit less intense. Perfect for those who might have some limitation due to injury, are newer to Kinesis or want to ramp up their workout routine.

MAT PILATES♥♥♥

Based on the teachings of Joseph Pilates, mat Pilates focuses on enhanced postural alignment, coordination, strength and flexibility. Working against resistance is essential to the hundreds of classical Pilates exercises, which are designed to train the body's "powerhouse"—the abdomen, lower back, hips and buttocks. This core-focused workout is appropriate for all, and can be modified for a wide variety of fitness levels.

MUSCLE♥♥

This is a 60-minute class of awesome body shaping exercises that is perfect for all fitness levels. Each of the major muscle groups will be isolated for a well-rounded workout.

POWER BARRE♥♥♥

Fusing the precise movements of yoga, Pilates and ballet barre techniques creates a class that will give you core strength, shapely legs and a rock solid bottom! Light weights will be used to tone the arms; a specific core segment and final relaxing stretch gives you a balanced workout. Great for all levels and perfect for cross training benefits.

POWER BARRE ADVANCED♥♥♥♥

A more intense version of our signature Barre class. This class is higher in intensity and is designed for those students who regularly take Barre classes, are in good physical condition and desire a very challenging workout. This class is not for beginners or those who desire a more moderate workout.

RESTORATIVE STRETCH♥

Heal and work more deeply into your connective tissue, joints, myofascia, tendons and ligaments. Focus is on tension removal, building flexibility and adding strength. Find a release in your body with longer holds and focused breath work.

TABATA♥♥♥

Want to work out less and get more results? Tabata workouts are microbursts of high intensity strength or cardio exercise for 20 seconds followed by 10 seconds of recovery for 8 rounds. Get maximum results in less time in this total body workout that will keep you burning more calories throughout your entire day!

U-JAM FITNESS®♥♥♥

An athletic, upbeat dance fitness workout that combines dance with the latest high-energy music from all over the world. The class is fun, approachable and easy to follow for all ages and levels of fitness.

UPPER BODY BLAST & REAR ATTITUDE♥♥♥

Enjoy 30 minutes of strength training using various resistance tools targeting your upper body. Say goodbye to saggy arms! Follow this up with 30 minutes of lower body training — it's all you need to feel the burn burn! You will even get your heart rate humming in this fantastic class.

WATER BOOTCAMP♥♥

Take your water workout to the next level with Cardio Interval Training! This amped-up aqua class includes challenging resistance and core work.

WATER WORKOUT♥

A safe and low-impact fitness class that uses the natural resistance of water to provide both muscle toning and cardiovascular benefits. All levels of fitness will benefit. Water shoes are encouraged.

ZUMBA♥♥

Latin based dance steps including, cha cha, salsa, meringue, and cumbia set to fun motivating music. All fitness levels are welcome, and no dance experience is necessary.

YOGA CLASSES

BASIC YOGA♥

Designed for those wanting more basic instruction on postures and sequencing. Special attention will be given to correct alignment. Perfect for those who enjoy a slower paced practice.

DEEP STRETCH♥

Increase muscle flexibility, agility, and core and back strength. This deep, yet relaxing therapeutic style practice will help you find muscle length, will release tension and will help prevent injury.

GENTLE YOGA♥

A slower paced yoga practice that is less physically demanding and suitable for students of all ages and abilities.

YOGA♥♥

A variety of yoga styles will be incorporated in this class that is easily modifiable to any level student. More detailed instruction will be provided. Stretch and strengthen your body, mind and spirit.

FLOW YOGA♥♥♥

A fluid style practice that links yoga postures together with the breath. This class is challenging, but can be enjoyed by students of a wide variety of levels of practice.

KUNDALINI YOGA♥♥♥

Unlike any other type of yoga practice, this is an immensely potent, dynamic and effective system of yoga. In a very short time you will gain more energy, build physical strength, develop emotional stability, experience deep relaxation, and shine with a youthful, radiant glow...all while having a really fun time!

POWER YOGA♥♥♥♥

A strong and flowing practice that incorporates more advanced poses, requires greater stamina and is geared toward students with experience practicing yoga.

RESTORE/YIN YOGA♥

Release tight and tense muscles while reducing stress. The practice will include long holds including supported postures using props. Participants will enjoy a closing gong meditation. All levels of students will benefit.

SOUL FLOW♥♥♥

Ignite the light inside! Join Jenn Chiarelli as she guides you in a special weekly vinyasa flow yoga class that will challenge your body and brighten your spirit.

YIN YOGA♥

This slow-paced style of yoga utilizes postures or asanas that are held for comparatively long periods of time— five minutes or longer per pose is typical. Poses target connective tissue, specifically ligaments and tendons in the joints and spine. Over time, the practice of Yin yoga can lengthen these tissues, increasing the range of motion. It is a great practice for the purpose of improving health and longevity.

PILATES CORNER

The Pilates Studio at Gainey Village is a premiere Pilates studio with some of the best instructors and trainers in the area. In addition to private training sessions, we offer small group classes for a nominal fee. Classes offer the benefit of the reformer equipment, with the fun, spirit and energy that comes from working out in a group. Reservations for the Group Pilates classes should be made with the individual instructors. Contact Patricia Vamos at pvamos@dmclubs.com or 480.221.8106 for more information on classes or instructors — \$25/class, packages \$20/class.

REBARRE 60 minutes

Pilates reformer plus barre work. ReBarre is a high energy fusion workout that utilizes the resistance of the Pilates reformer as well the precise moves of barre work. It is a total body workout that is efficient and fun, while you sculpt long, lean muscles and a toned physique.

MON	10:00a	Bonnie	THUR	10:30a	Jinger
TUE	10:30a	Jinger	SAT	10:30a	Sandi

GROUP REFORMER 60 minutes

Pilates will help you achieve total body strength, increased flexibility and an amazingly strong core. Previous Pilates experience of at least 3 private sessions or instructor permission is required.

MON	12:00p	Joan	WED	2:00p	Melanie
MON	1:30p	Melanie	WED	6:00p	Sandi
MON	6:00p	Sandi	THUR	8:00a	Melanie
TUE	8:00a	Melanie	THUR	4:30p	Jennifer
TUE	6:00p	Joan	FRI	5:00p	Sandi
WED	12:00p	Joan	SUN	9:00a	Maurice

INTRO TO REFORMER PILATES *COMPLIMENTARY CLASS*
Intro to Pilates Reformer Sessions are offered several times each month and are perfect for new members or any member that has never taken the opportunity to learn about our incredible Pilates Studio. These classes require a reservation.

Please contact Patricia Vamos to schedule an Intro to Reformer Session.

Pilates Questions?

Please contact Patricia Vamos at pvamos@dmclubs.com.



Patricia Vamos
Group Fitness &
Yoga Director

- All classes and instructors are subject to change. Please see the Village website for the most up-to-date Group Fitness and Yoga class information.
- Cycle classes requiring a reservation can be scheduled online or with the front desk beginning 25 hours prior to the class start time.
- Indoor cycles are SPD compatible. Athletic shoes may also be worn to Cycle classes.
- Water or athletic shoes are recommended for Water Workout 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 Patricia Vamos, Group Fitness & Yoga Director, at 480.609.6979 with any questions.

Club Hours:

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

www.villageclubs.com

