



SPORTS & FITNESS

Tucson's Complete Fitness Center

2480 N. Pantano Rd • Tucson, AZ 85715

PH: (520) 722-6300

www.desertsportsandfitness.com

Group Fitness Class Schedule

CLUB HOURS: Monday - Thursday 4am until 12 Midnight

Friday 4am – 9pm

Saturday 7am-7pm

Sunday 7am-5pm

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	Power Up <i>Briana</i>	Yoga Fusion <i>Mary</i>	Power Up <i>Briana</i>	Yoga Fusion <i>Kerry</i>	Power Up Brittney	
7:00AM						
8:15AM	 ZUMBA <i>Betty</i>	CARDIO FUSION <i>Linda</i>	 ZUMBA <i>Janet</i>	CARDIO FUSION <i>Linda</i>	 ZUMBA <i>Betty</i>	
9:15AM	Power Up <i>Anita</i>	Yoga Fusion <i>Courtney</i>	Power Up <i>Anita</i>	Yoga Fusion <i>Courtney</i>	Power Challenge <i>Linda</i>	9:30 AM Yoga Fusion <i>Kerry</i>
10:30AM	Silver Sneaker Classic  <i>Axel / KK</i>	Active Adult/Cardio <i>Linda</i>	Silver Sneaker Classic  <i>KK</i>	Active Adult <i>Linda</i>	Silver Sneaker Classic  <i>Karen</i>	10:45 AM Power up <i>Anita</i>
11:30AM	DANCE MIX <i>Darla</i>	Silver Sneaker Classic  <i>KK</i>	DANCE MIX <i>Darla</i>	Silver Sneaker Classic  <i>K.K.</i>	 ZUMBA <i>Janet</i>	SUNDAY
12:30pm	Silver Sneaker Classic - KK 		Silver Sneaker Classic- Karen 			
4:30PM	Yoga Fusion <i>Rachel</i>					8:30 AM Power Up <i>Mary/ Aimee</i>
5:30PM	Power Up <i>Karen</i>		Power Up <i>Aimee</i>	Yoga Fusion <i>Kerry</i>		
6:30PM						

Semi Private Training

Please see a staff member for details