

# Desert

## SPORTS & FITNESS

Tucson's Complete Fitness Center

2480 N. Pantano Rd • Tucson, AZ 85715

PH: (520) 722-6300

[www.desertsportsandfitness.com](http://www.desertsportsandfitness.com)

## Group Fitness Class Schedule

CLUB HOURS: Monday - Thursday 4am until 12 Midnight

Friday 4am – 9pm

Saturday 7am-7pm

Sunday 7am-5pm

February 2019

| TIME    | MONDAY                              | TUESDAY                                    | WEDNESDAY   | THURSDAY                             | FRIDAY  | SATURDAY  |
|---------|-------------------------------------|--|---|--------------------------------------|---|---|
| 5:30AM  | <b>Power Up</b><br><i>Briana</i>    | <b>Yoga Fusion</b><br><i>Mary</i>          | <b>Power Up</b><br><i>Briana</i>  | <b>Yoga Fusion</b><br><i>Hailey</i>  |   |   |
| 8:00AM  | <b>Power Up</b><br><i>Anita</i>     |  |   |                                      |   |   |
| 8:15AM  |                                     | <b>CARDIO FUSION</b><br><i>Linda</i>       | <br><i>Janet</i> | <b>CARDIO FUSION</b><br><i>Linda</i> |   |   |
| 9:15AM  | <b>Power Up</b><br><i>Anita</i>     | <b>Yoga Fusion</b><br><i>Hailey</i>        | <b>Power Up</b><br><i>Anita</i>   | <b>Yoga Fusion</b><br><i>Angeli</i>  | <b>Power Challenge</b><br><i>Linda</i>  | 9:30 AM<br><b>Power up</b><br><i>Anita</i>                |
| 10:30AM | <b>DSF GOLD</b><br><i>KK</i>        | <b>Active Adult/Cardio</b><br><i>Linda</i> | <b>DSF GOLD</b><br><i>KK</i>  | <b>Active Adult</b><br><i>Linda</i>  | <b>DSF GOLD</b><br><i>Karen</i>   | 10:45 AM<br><b>Yoga Fusion</b><br><i>Angeli or Hailey</i> |
| 11:30AM | <b>DANCE MIX</b><br><i>Darla</i>    | <b>DSF GOLD</b><br><i>KK</i>               | <b>DANCE MIX</b><br><i>Darla</i>  | <b>DSF GOLD</b><br><i>KK</i>         | <br><i>Janet</i> | <b>SUNDAY</b>   |
| 12:30pm | <b>DSF GOLD</b><br><i>KK</i>        |  | <b>DSF GOLD</b><br><i>KAREN</i>   |                                      | <b>DSF GOLD</b><br><i>Karen</i>   |   |
| 4:30PM  |                                     |  |   |                                      |   |   |
| 5:30PM  | <b>Yoga Fusion</b><br><i>Angeli</i> |  |   | <b>Yoga Fusion</b><br><i>Angeli</i>  |   |   |

DSF Gold classes are designed for:



## Small Group & Semi-Private Training

Please see a staff member for details