

# MARCH



# SCHEDULE

|         | MONDAY                                       | TUESDAY                        | WEDNESDAY                          | THURSDAY                    | FRIDAY   | SATURDAY                                    |
|---------|--|--------------------------------|------------------------------------|-----------------------------|--|---|
| 5:30 AM | Low Impact & Muscle                          |                                | Low Impact & Muscle                |                             |  |   |
| 7:00 AM | Cardio Kickboxing                            | Muscle Conditioning            | Cardio Kickboxing                  | Muscle Conditioning         | <b>Cardio</b> Kickboxing   | YOGA<br><i>Specialty Class (\$)</i>         |
| 8:30 AM | Mat Pilates<br>-----<br><b>Spinning (\$)</b> | Yoga                           | Mat Pilates                        | Yoga                        | The Mix<br>9:00 AM   | Step/Hi Lo<br>-----<br><b>Spinning (\$)</b> |
| 9:30 AM | Breathing & Stretching<br>(45 min)           | <b>Step &amp; Muscle</b>       | Breathing & Stretching<br>(45 min) | Low Impact & Muscle         |  | ZUMBA!<br>9:30AM                            |
| 4:30 PM | Muscle Conditioning                          | Yoga                           | Muscle Conditioning                | Yoga                        | Please arrive 5 – 10 minutes prior to each class to allow for proper set up. Don't forget your mat, water bottle, and towel. All cardio classes require gym appropriate close-toed shoes. All classes are 1 hour in length – unless otherwise noted.<br><br>Specialty classes are noted above and are \$5.00 each – payable at the front desk. ☺ |   |
| 5:30 PM | Cardio/Kick Box                              | Cardio Bar / Muscle<br>6:00 PM | Step/Hi-lo                         | Ball & Muscle<br>5:45 PM    |  |   |
| 6:30 PM | ZUMBA!                                       | Shotokan Karate*<br>7:00 PM    | Shotokan Karate*<br>7:00 PM        | Shotokan Karate*<br>7:00 PM |  |   |

### Gym Hours

Monday - Thursday      5:00 AM - 9:00 PM  
 Friday                      5:00 AM - 8:00 PM  
 Saturday & Sunday      6:00 AM - 6:00 PM

### Kid's Care Hours

Monday - Thursday    8:30AM - 11:30AM, 3:30 - 6:15PM\*  
 Friday -                    8:30AM - 11:30AM  
 Saturday -                8:00AM - 12:00PM  
 \*LAST CHECK-IN IS 6:15PM    6:00 - 7:00PM BY REQUEST ONLY

Peaks Athletic Club ~ 12545 N Saguaro Boulevard ~ Fountain Hills, AZ 85268  
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