



GROUP FITNESS/CYCLE SCHEDULE

Aerobics Classes Cycle Classes

6715 E. 2nd St, Ste A Prescott Valley, AZ 86314
 (928) 443-5701
www.anytimeprescottvalley.com

ANYTIME FITNESS AEROBIC SCHEDULE						
TIME	All classes are subject to change/cancellation.					
	M	T	W	TH	F	S
7 :00		YOGAFIT		YOGAFIT		
7 :30						
8 :00	THE BLEND		THE BLEND		SENIOR CHAIR YOGA	
8 :30						
9 :00	CARDIO LITE	(Express Power Cycle)	ZUMBA	(Express Power Cycle)	CARDIO KICKBOXING	ZUMBA TONING
9 :30		POWER SCULPT		POWER SCULPT		
10 :15	YOGA		YOGA		YOGAFIT	YOGABOOTY
10 :30	10:15-11:15		10:15-11:15		10:15-11:30	10:00-10:50
11 :00		SILVER SNEAKERS		SILVER SNEAKERS		
11 :30						
5 :00						
5 :30	RIPPED	ZUMBA	RIPPED	ZUMBA		
6 :00						
6 :30	ZUMBA	Blitz Fusion I	ZUMBA	Blitz Fusion I		
7 :00		Blitz Fusion II		Blitz Fusion II		
7 :30						

- The Blend** A 50 minute cardio class infused with body sculpting exercises for all levels of fitness.
- Cardio Lite** A 50 minute cardio and toning class for active seniors.
- Yoga** A 60 minute traditional yoga class focusing on developing flexibility.
- Zumba** A 50 minute high energy, fat burning dance and fitness class set to latin & world music - for all levels of fitness, geared at make exercise fun.
- Silver Sneakers** A 50 minute senior aerobic and resistance training class aimed at increasing physical fitness and mobility for the elderly.
- Cardio Kickboxing** A 50 minute calorie blasting, cardio kickboxing and toning class for all levels of fitness, designed to work the entire body.
- R.I.P.P.E.D.** A 50 minute one stop, shock class aimed at transforming the body through Resistance Interval Plyometric Endurance and Diet training
- YogaFit** A 70 - 75 minute vinyasa flow yoga class for all ages and levels designed to improve strength, flexibility and mind-body awareness.
- Zumba Toning** A 60 minute latin inspired fitness dance class set to latin and world music using light weights for toning the upper and lower body.
- Blitz Fusion I & II** **Express class:** 25 mins cardio/25 mins resistance training that provides a short, yet intense, cardio workout followed by sculpting session.
- YogaBooty** 50 mintues of flexibilty and strength work designed to tone and lift the booty while stretching the body.
- Power Sculpt** **Express class:** 30 mins of intense resistance training infused with core stability training through the entire workout to shape your body.



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ANYTIME FITNESS CYCLE SCHEDULE

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TIME	M	T	W	TH	F	S	S
6 :00 6 :30	CYCLE		CYCLE		CYCLE		
8 :00 8 :30		EXPRESS BEGINNING CYCLE		EXPRESS BEGINNING CYCLE			Xtreme SpNRG
9 :00 9 :30	CYCLE	POWER RIDE (Sculpt)	CYCLE	POWER RIDE (Sculpt)	CYC-ology		
10 :00 10 :30							
11 :00 11 :30							

4 :00 4 :30							CYCLE
5 :00 5 :30		CYCLE		CYCLE			
6 :00 6 :30	SpNRG	CYCLE	SpNRG	CYC-ology			

- Cycle** A 60 minute instructor led indoor cycling class set to motivating music in a dark lit room. The class is designed to burn fat and get your heart rate up and body moving through sprints, climbs and intervals simulated on a stationary bike.
- Beginning** moving through sprints, climbs and intervals simulated on a stationary bike.
- Express Cycle** **Express class:** 30 mins of beginning indoor cycling to get the blood pumping, motivating you to make cycle a part of your exercise routine. The class is set to music and takes you through a variety of movements and tempos for a fun ride.
- Power Ride** **Express class:** 30 mins of intense indoor cycling climbs and sprints designed to make you sweat and boost your energy, followed by 30 mins of power, muscle work through strength and resistance training to help burn extra calories and tone your body. Class begins in the cycle room and ends in the aerobics room.
- SpNRG** A high energy form of stationary bike exercise that is guided by a trained instructor to beat-intensive music, night-club style, in a darkened room lit only by black lights. You ride through a series of synchronized exercises.. the pace goes up and down in intensity to burn calories faster; from 500 - 1000 calories per workout.
- Xtreme SpNRG** Take "SpNRG" to the next level by pumping it up to 1.5 hours and enjoy the ride!
- CYC-ology** 60 minutes of heart pounding, blood pumping, indoor cycling intervals geared to move, motivate, burn calories and strengthen thru the magic of music and fun.

