



RESERVED & ADVANCED CLASSES

Winter (January thru March)

Register in person
at the Copper Sky Service Desk or online at:
apm.activecommunities.com/cityofmaricoparec/Home

Class Name	Activity Number	Start Date	Day/Time	Instructor	Location	Total Number of Classes	Fee per Person (Copper Sky Member)	Fee per Person (NON-CS Member)	Special Information
CS Fit Moms	6787	1/6/2020	M, W 5:10 AM	Jodi Cox & Stephanie M	Meet at Fitness Desk	16	\$160.00 *can be paid in two payments	\$160.00 *can be paid in two payments	This class runs in 8 week sessions.
	6789	3/30/2020							
Pound®	6511	1/6/2020	M, W 9:30 AM	Maria Jose	Studio B	8	\$40.00 ★ Drop-In Rate Available.	\$70.00 ★ Drop-In Rate Available.	
	6513	2/3/2020							
	6514	3/9/2020							
Group Training	6498	1/6/2020	M, W 10:30 AM	Jodi Cox	Studio B	8	\$80.00 ★ Drop-In Rate Available.	\$140.00 ★ Drop-In Rate Available.	
	6499	2/3/2020							
	6501	3/9/2020							
Women on Weights	6522	1/7/2020	T 10:30 AM	Stephanie Murphy	Meet at Fitness Desk	4	\$40.00 ★ Drop-In Rate Available.	\$70.00 ★ Drop-In Rate Available.	
	6523	2/4/2020							
	6524	3/10/2020							
PiYo Live	6534	1/7/2020	T 10:30 AM	Christina Mykytiuk	Studio B	4	\$40.00 ★ Drop-In Rate Available.	\$70.00 ★ Drop-In Rate Available.	
	6540	2/4/2020							
	6542	3/10/2020							
Body SHRED™	6897	1/7/2020	T, Th 11:45AM	Nancy Macias-Scott	Studio A	8	\$40.00 ★ Drop-In Rate Available.	\$70.00 ★ Drop-In Rate Available.	This is a 30 minute class.
	6899	2/4/2020							
	6900	3/10/2020							
Pilates	6557	1/9/2020	Th 10:30 AM	Stephanie Murphy	Studio B	4	\$20.00 ★ Drop-In Rate Available.	\$35.00 ★ Drop-In Rate Available.	
	6558	2/6/2020							
	6559	3/12/2020							
Pound®	6549	1/9/2020	Th 7:00 PM	Josie Rodriguez	Studio B	4	\$20.00 ★ Drop-In Rate Available.	\$35.00 ★ Drop-In Rate Available.	
	6551	2/6/2020							
	6552	3/12/2020							
Road Warrior	6564	1/10/2020	F 6:30 PM	Henry Turner	Studio B	4	\$30.00 ★ Drop-In Rate Available.	\$50.00 ★ Drop-In Rate Available.	This is a 90 minute class.
	6565	2/7/2020							
	6566	3/13/2020							
Tabata	6569	1/11/2020	Sa 9:15 AM	Esther Gerard	Studio A	4	\$40.00 ★ Drop-In Rate Available.	\$70.00 ★ Drop-In Rate Available.	
	6570	2/8/2020							
	6571	3/14/2020							
PiYo Live	6574	1/11/2020	Sa 8:15 AM	Christina Mykytiuk	Studio B	4	\$40.00 ★ Drop-In Rate Available.	\$70.00 ★ Drop-In Rate Available.	
	6575	2/8/2020							
	6576	3/14/2020							

See reverse for Class Descriptions.

★ Drop-In Rates are payable at the Copper Sky Service Desk any time prior to class start time, and are good for **one** class.

Group Training	<p>Group Training Advanced is the perfect blend of personal training in a group environment. All the personal instruction needed to get to your goal, while enjoying the support and inspiration of others!</p>
POUND®	<p>POUND: Rockout.Workout.® is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and Isometric poses into a 45-minute 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! Copper Sky provides the Rip Sticks, but you are more than welcome to bring your own.</p>
Tabata	<p>Tabata offers short bursts of peak effort using the formula of a work/rest ratio. 20 seconds of work and 10 seconds of rest. This class, because of its high intensity, will give you the benefit of EPOC. EPOC is Excess Post-exercise Oxygen Consumption (informally called after-burn). It is a measurably increased rate of oxygen intake following strenuous activity. To recover your body will burn more calories. You will continue to burn calories 8-12 or more hours later. (Example: You burn 600 calories in a class session because of EPOC you could potentially burn 900-1200 calories in total!) Almost doubling your calories! This class will get you into shape faster than other workouts because of its intensity and the format of the class.</p>
Road Warrior	<p>Road Warrior Cycling Advanced is a 90 minute indoor cycling class for the hard core road cyclist and fitness fanatic. Great to prepare you for the road or just give you the extra calorie burn you might be looking for.</p> 
Pilates	<p>Pilates is a system of controlled exercises that engages the mind, and conditions the whole body. The blend of strength and flexibility training improves posture, reduces stress, and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. This class will be performed mostly on an exercise mat.</p>
PiYo Live	<p>PiYo Live is designed to build strength, improve flexibility, and tone muscles—all in the same class! Using only your body weight, you'll perform a series of high-intensity moves while working every muscle for a long, lean, and incredibly defined physique. With a focus on mind/body connection, flexibility, mobility, and core strength, it's the perfect class for every age and fitness level. Set to the best music, every PiYo Live class is a transforming experience on the mat that delivers real results through nonstop movement that burns serious calories and gets your heart pumping.</p>
Women on Weights	<p>Women on Weights empowers women to lift weights and transform their bodies through strength training. In a safe, encouraging environment, participants will make friends, increase strength and endurance, improve body composition and metabolism, boost confidence and self-esteem, learn proper exercise form and progressions, reduce injury risk, and combat the aging process. Participants will receive all the benefits of personal training for a fraction of the cost.</p>
CS Fit Moms	<p>CS Fit Moms is an 8 week, results based program that includes 2 classes per week. 50 minute classes will be held Monday and Wednesday mornings at 5:10am and consist of a total body, group based workout. This program includes before and after Inbody analysis readings, weekly weigh ins, and the best accountability group in the City of Maricopa.</p>
Body SHRED™	<p>Jillian Michaels BODYSHRED™ is a high intensity and endurance based 30 minute workout. S.H.R.E.D. stands for: Synergistic, High-Intensity, Resistance, Endurance, Dynamics. This class utilizes Jillian's very own 3-2-1 interval approach, which is 3 minutes of strength, 2 minutes or cardio, and 1 minute of abs. You will shred fat, define muscle, transform the entire look of your physique, and dramatically enhance your overall health and athletic performance.</p>