

FREE to Members Group Exercise

Reservation Required | October 18 - November 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:00 AM Ultimate Conditioning (Gym) Theresa 	6:30 AM Cycle (Studio A) Turner 	8:00 AM Ultimate Conditioning (Gym) Theresa 	6:30 AM Cycle (Studio A) Turner 	8:00 AM Zumba (Studio A) Suzy 	8:00 AM Family Ultimate Conditioning (Studio A) Stephanie 	
9:30 AM Silver Sneakers (Studio A) Stephanie 	8:00 AM Yoga (Studio A) Alyshea 	9:30 AM Silver Sneakers (Studio A) Stephanie 	8:00 AM Yoga (Studio A) Alyshea 	9:30 AM Silver Sneakers (Studio A) Stephanie 	9:30 AM Family Dance (Studio A) Nancy 	
11:00 AM Zumba (Studio A) Maria 	8:30 AM SS Aqua (Pool) Suzy 	11:00 AM Zumba (Studio A) Maria 	8:30 AM SS Aqua (Pool) Suzy 	11:00 AM Senior Cardio Fitness (Studio A) Jen 	11:00 AM Family Yoga (Studio A) Stephanie 	
12:30 PM Ultimate Conditioning (Studio A) Jen 	9:30 AM Ultimate Conditioning (Studio A) Jen 	12:30 PM Ultimate Conditioning (Studio A) Jen 	9:30 AM Ultimate Conditioning (Studio A) Jen 	6:00 PM Cycle (Studio A) Turner 	<div style="text-align: center;">Sunday</div>	
6:00 PM Cycle (Studio A) Turner 	11:00 AM Zumba (Studio A) Nancy 	6:00 PM Cycle (Studio A) Turner 	11:00 AM Zumba (Studio A) Nancy 	7:30 PM Commit Dance (Studio A) Jeanette 		9:30 AM Commit Dance (Studio A) Jeanette 
6:00 PM Zumba (MPR B) Clarissa 	6:00 PM Ultimate Conditioning (Studio A) Misty 	6:00 PM Zumba (MPR B) Clarissa 	6:00 PM Ultimate Conditioning (Studio A) Misty 	See reverse for class format descriptions. 		 Conditioning  Dance Fitness  Aqua Fitness  Silver Sneakers/Senior  Cycle  Yoga
7:30 PM Yoga (Studio A) Stephanie 	7:30 PM Commit (Studio A) Jeanette 		7:30 PM Dance Fit (Studio A) Cheryl 			

Classes are **FREE for Members**,
but a **reservation is required**, as space is limited.

Membership Reactivation at the Copper Sky Service Desk will be required prior to your first class reservation.

Please see reverse for additional information.

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<p>Dance Zumba, Zumba Toning, Dance Fit, etc</p> <p>These classes combine dance moves & fitness exercises. Body sculpting, fat burning, & strength training can all be accomplished while having fun! Class format will depend on the instructor teaching. Family Dance participants must be at least 5 years old.</p> 	<p>Conditioning Ultimate Conditioning, Family UC</p> <p>This high energy class works the entire body using various modes and intervals! This class is designed to achieve the conditioning you need to accomplish any fitness goal by training your entire body. Family Ultimate Conditioning participants must be at least 5 years old.</p> 
<p>Yoga Flow, Ashtanga, Relaxation, Family, etc</p> <p>The dynamic instruction of yoga includes breath control, simple meditation, and the adoption of specific bodily posture. Class format will depend on the instructor teaching. Family Yoga participants must be at least 5 years old.</p> 	<p>Cycle Indoor Cycle, Cycle & Strength</p> <p>This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome and the specific class programming depends entirely on the instructor teaching it.</p> 
<p>Silver Sneakers Classic, Circuit, Cardio Fit, etc</p> <p>Silver Sneakers® is a comprehensive program that improves overall well-being, strength, and social aspects and is designed for all levels and abilities.</p> 	<p>Aqua Silver Sneakers Aqua</p> <p>Shallow water movement offers a fun way to improve agility and flexibility, while also addressing cardiovascular, strength, and endurance conditioning.</p> 

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but a **reservation** is required, as space is limited.

Please reserve your spot online.
Online reservations will be available
beginning at 5AM the day prior to class.

Class Reservations here: www.maricopa-az.gov/departments/community-services/copper-sky

Group Exercise Classes will be offered with limited capacity to allow for social distancing guidelines. We require Group Exercise participants to follow direction from the class instructor, which will include;

- Wearing a mask or face covering at all times, except when in the pool
- Maintaining social distance by remaining in your designated zone during class
 - Not sharing equipment
- Leaving equipment in your zone for staff sanitization at the end of class
 - Waiting for directed dismissal at the end of class