

# Cactus – Fall Classes!

## Morning Classes!

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<b>8AM</b>	Fit and Fabulous <i>D. Romero (11274)</i>			Fit and Fabulous <i>D. Romero (11275)</i>
<b>9AM</b>	Step Circuit <i>D. Romero (11332)</i>	Totally Toning <i>D. Romero (11360)</i>		Totally Toning <i>D. Romero (11361)</i>
<b>10AM</b>	Pilates <i>D. Romero (11303)</i>		Yoga - Beginning <u>10:30am*</u> <i>G. Sikes (11378)</i>	

## Evening Classes!

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<b>3PM</b>	Soccer for Kids 3-5 <i>T. Hatfield (11432 / 11523)</i>			
<b>4PM</b>	Soccer for Kids 5-7 <i>T. Hatfield (11433 / 11524)</i>		Pilates <u>4:30pm**</u> <i>K. Alfraid (11304)</i>	
<b>5PM</b>	Dance Combo for Tots (3-6 years old) <i>(11416 / 11417)</i>		Max Tone & Fitness <u>5:45pm**</u> <i>K. Alfraid (11282)</i>	
<b>6PM</b>	Hip Hop Dance 5:50pm* (6-13 years old) <i>(11466 / 11477)</i>	Get Cardio Fit <i>D. Romero (11242)</i>		B. L. T. Butt, Legs and Tummy <i>D. Romero (11213)</i>
<b>7PM</b>	Yoga - All Levels <i>B. Yancy (11374)</i>	Weight Busters <i>D. Romero (11369)</i>	Conditioning Combo <i>K. Alfraid (11254)</i>	Weight Busters <i>D. Romero (11370)</i>

FALL Classes start the week of SEPTEMBER 10<sup>th</sup>, and end the week of DECEMBER 14<sup>th</sup>!



Cactus Aquatic and Fitness Center

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<http://www.scottsdaleaz.gov/sports/brochure>

