

# Aerobics Schedule: Cactus Fitness Center (Winter/Spring 2012)

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am-7:00am	<b>Boot Camp (M,W,F)</b> (1/23) Course # 90636 (3/19) Course # 90640					<b>Boot Camp</b> (1/14) Course # 90637 (3/24) Course #90638
8:00am -- 9:00am	<b>Fit &amp; Fabulous</b> (1/9) Course # 90695			<b>Fit &amp; Fabulous</b> (1/19) Course # 90696		
9:00am -- 10:00am	<b>Low Impact Step</b> (1/9) Course # 90763	<b>Totally Toning</b> (1/10) Course # 90887	<b>B.L.T (Butt, Legs, Tummy)</b> (1/11) Course # 90617	<b>Step Circuit</b> (1/19) Course # 90859		
9:15am - 9:50am					<b>Moovin' and Groovin'</b> (1/13) Course # 90783 (3/23) Course # 90784	
10:00am -- 11:00am	<b>Pilates</b> (1/23) Course # 90813				<b>Dance Combo</b> (1/13) Course # 90663 (3/23) Course # 90664	
10:45am -- 11:45am		<b>Core and More</b> (1/10) Course # 92714				
12:00pm -- 1:00pm					<b>Total Body Boot Camp</b> (1/13) Course #92786	
4:30pm -- 5:30pm			<b>Pilates</b> (1/11) Course # 90815			
5:45pm-6:45pm			<b>Max Tone and Fitness</b> (1/11) Course # 90775			
6:00pm -- 7:00pm		<b>Ultimate Circuit Training</b> (1/10) Course # 90897		<b>B.L.T (Butt, Legs, Tummy)</b> (1/19) Course # 90616		
6:30pm -- 7:30pm						
7:00pm -- 8:00pm	<b>Yoga</b> (1/9) Course #92140	<b>Pilates</b> (1/17) Course # 90812	<b>Conditioning Combo</b> (1/11) Course # 90659	<b>Weight Busters</b> (1/19) Course # 92722		

**Class descriptions are listed in the City of Scottsdale Parks & Recreation Brochure  
For additional information, please contact the Leisure Education Office at: (480) 312-7957**

**\*\*Note: Drop-In prices range from \$5-\$6**

*Revised 11/22/11 DG*

