

Winter Fitness Sampler

Jan. 2 – Jan. 7, 2017

Sample some of the **popular** Special Interest Classes and membership aerobics offerings at the Foothills Recreation & Aquatics Center. See the schedule below for eligible classes. Classes are at NO COST to you, and are open to everyone 13 years and older. Participants do not need to be members of the Foothills Center. If you have any questions about the **Winter Fitness Sampler Week**, or any of the Special Interest Classes, please call Lori at 623-930-4613. To view all Special Interest classes available for the Winter Session visit: www.GlendaleAZ.com/ActivitiesGuide

Monday, Jan. 2	Tuesday, Jan. 3	Wednesday, Jan. 4	Thursday, Jan. 5	Friday, Jan. 6	Saturday, Jan. 7
<p>High/Low Aerobics 9am-10am Carol de la Montaigne Gymnasium</p> <p>Total Body Blast 10am-11am Lorraine Smith Studio A</p> <p>Zumba Gold 11:15am-12:15pm Cyndi Picker Coyote Room</p>	<p>High/Low Aerobics 9am-10am Carol de la Montaigne Gymnasium</p> <p>Silver Sneakers Chair Yoga 10am-11am Dian Wheeler Coyote Room</p> <p>Silver Sneakers Classic 11:15am-12:15pm Dian Wheeler Coyote Room</p> <p>Yogalates 5:30pm-6:30pm Irma Juneau Exercise B</p>	<p>High/Low Aerobics 9am-10am Carol de la Montaigne Gymnasium</p> <p>Forever Fit 10am-11am Lorraine Smith Studio A</p>  <p>Zumba Toning 5:30pm-6:30pm Cyndi Picker Coyote Room</p>	<p>High/Low Aerobics 9am-10am Carol de la Montaigne Gymnasium</p> <p>Tai Chi 1pm-2pm Sandi Burr Exercise B</p> <p>T'ai Chi Essentials 6pm-7pm Charles Gill Jackrabbit</p> <p>Yogalates 6pm-7pm Irma Juneau Exercise B</p> <p>T'ai Chi – Yang Style 7pm-8pm Charles Gill Jackrabbit</p>	<p>Zumba 9am-10am Cyndi Picker Coyote Room</p> <p>Zumba Gold 11:15am-12:15pm Cyndi Picker Coyote Room</p>	<p>Adv. Step Aerobics 8am-9am Beth Dietrich Exercise A</p> 

Winter Fitness Sampler - SURVEY

Which class did you attend? _____

What is your overall evaluation of the class (circle one): Poor Average Good Excellent

Are there any other classes you would like to see offered? _____

Any additional comments? _____

Are you interested in receiving the Glendale @ Play quarterly magazine? Yes No

If yes, please provide your address: _____ City _____ Zip _____

Name: _____ e-mail address : _____ Phone : _____



 For special accommodations, call 623-930-3554. Hearing impaired, call TDD at 1-800-367-8939.



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