

**Glendale Adult Center**

5970 W Brown St. Glendale AZ 85302

Call: 623-930-4321

**MEMBERSHIP AEROBICS SCHEDULE**



*Note: Classes and rooms are subject to change.*

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>8:15am</b> Cardio Moves High/Low Aerobics Brian Burris</p>	<p><b>9am</b> (Palo Verde) SilverSneakers Classic Cyndi Picker</p>	<p><b>8:15am</b> Cardio Moves High/Low Aerobics Brian Burris</p>	<p><b>9am</b> (Palo Verde) SilverSneakers Classic Cyndi Picker</p>	<p><b>8:15am</b> Cardio Moves High/Low Aerobics Brian Burris</p>
<p><b>9:15am</b> Total Body Low impact High Intensity Brian Burris</p>	<p><b>10am</b> (Palo Verde) SilverSneakers Chair Yoga Cyndi Picker</p>	<p><b>9:15am</b> Total Body Low impact High Intensity Brian Burris</p>	<p><b>10am</b> (Palo Verde) SilverSneakers Chair Yoga Cyndi Picker</p>	<p><b>9:15am</b> Total Body Low impact High Intensity Brian Burris</p>
<p><b>10:30am</b> SilverSneakers Classic Brian Burris</p>	<p><b>12pm</b> Isshinryu Karate Volunteer Leader John Legendre</p>	<p><b>10:30am</b> SilverSneakers Classic Brian Burris</p>	<p><b>12pm</b> Isshinryu Karate Volunteer Leader John Legendre</p>	<p><b>10:30am</b> SilverSneakers Classic Brian Burris</p>
<p><b>1pm</b> SilverSneakers Classic Brian Burris</p>	<p><b>1pm</b> T'ai Chi -Essentials Charlie Gill</p>	<p><b>1pm</b> SilverSneakers Classic Brian Burris</p>	<p><b>1pm</b> T'ai Chi -Essentials Charlie Gill</p>	<p><b>1pm</b> SilverSneakers Classic Brian Burris</p>
<p><b>2pm</b> Zumba Gold Cyndi Picker</p>	<p><b>2:15pm</b> Zumba Gold Cyndi Picker</p>	<p><b>2:00pm</b> Zumba Gold Cyndi Picker</p>	<p><b>2:15pm</b> Zumba Gold Cyndi Picker</p>	<p><b>2pm</b> Zumba Gold Cyndi Picker</p>
<p><b>3:10pm</b> Cardio Moves High/Low Aerobics Brian Burris</p>		<p><b>3:10pm</b> Cardio Moves High/Low Aerobics Brian Burris</p>		<p><b>3:10pm</b> Cardio Moves High/Low Aerobics Brian Burris</p>