



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | <p>Follow us on Social Media!</p> <p>@ajparksandrec </p> <p>Apache Junction Parks and Rec </p> | <p>Textedly</p> <p>Want to know when classes are CANCELLED?</p> <p>Sign up with Textedly to receive text message alerts.</p> <p>Text "MGCFIT" to 22999</p> <p>You can opt out at any time by texting "STOP" to 22999. Message and data rates may apply.</p> | | <p>1 7:00am ZUMBA@- GYM 7:00am Gentle Sunrise Yoga- 117 8:15am ZUMBA@- GYM 8:15am Intro to Yoga- 117 10:45am Advanced Chair Yoga- 117 1:30pm Yoga on the Ball-ADS 5:30pm ZUMBA@- ADS</p> | <p>2 7:30am HITT45- GYM/Patio 9:30am ZUMBA@- GYM</p> |
| <p>4 Closed for 4th of July</p> | <p>5. 6:00am Tabata- GYM/ Patio 7:00am ZUMBA@- GYM 7:00am Yogalates- ADS 8:00am Pilates Plus-ADS 9:00am Yin Plus- ADS</p> | <p>6 6:00am Ball, Band, Land- GYM/ Patio 7:00am ZUMBA@- ADS 8:00am Yin Plus-ADS 9:00am Chair Yoga- 117 10:30am Yoga Flow- 117 4:30pm Total Body Conditioning- GYM/Patio 5:30pm ZUMBA@- ADS 5:30pm HIIT 45 Gym/Patio</p> | <p>7 6:00am Tabata- GYM/ Patio 7:00am ZUMBA@- GYM 7:00am Yogalates- ADS 8:00am Pilates Plus- ADS 9:00am Chair Yoga- 117 6:00pm STRONG®- GYM 6:00pm- Gentle Yoga for Relaxation- 117</p> | <p>8 7:00am ZUMBA@- GYM 7:00am Gentle Sunrise Yoga- 117 8:15am ZUMBA@- GYM 8:15am Intro to Yoga- 117 10:45am Advanced Chair Yoga- 117 5:30pm ZUMBA@- ADS</p> | <p>9 7:30am HITT45- GYM/Patio 9:30am ZUMBA@- GYM</p> |
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Schedule is subject to change without notice.

***RESERVATIONS ARE HIGHLY RECOMMENDED to attend a group fitness class. Members can reserve by phone or in person up to 48 hours in advance. Drop-ins will be taken day-of if space is available. Please wear mask when 6' distancing cannot be attained.**

The MGC offers a variety of group fitness classes designed for participants 14 and older. Children 11-13 years wishing to attend a fitness class must be accompanied by a participating adult; please speak with the instructor prior to the start of class.

The City of Apache Junction welcomes participation by people with disabilities in all programs, sites, and facilities. For more information about accessibility contact us at 480-474-5240 or ajpr@apachejunctionaz.gov

Mind & Body Conditioning

It is recommended that you bring your own yoga mat for sanitary purposes.

Out of respect to the instructor and other students, you will not be allowed to enter class after it has started.

Chair Yoga: Beginner- Intermediate. Move through seated and standing yoga poses designed to increase flexibility, balance, range of movement and strength. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

Advanced Chair Yoga: Intermediate – Advanced. This chair yoga class utilizes the chair for added stability as the class has a high emphasis on standing yoga poses designed to increase balance, flexibility, and range of movement. All poses can be done seated as well.

Gentle Sunrise Yoga: All levels. Gentle postures to awaken and stretch the body for the day ahead.

Gentle Yoga for Relaxation: All Levels. Class will consist of gentle, mindful and therapeutic movement, breath awareness and guided relaxation/meditation.

Intro to Yoga: Beginner-Intermediate. If you are new to yoga or have special needs this class is a great place to start. It combines breathing, flexibility, strength, and balance while moving at a slow pace. Please bring your own mat.

Pilates Plus: All levels. Increase your body awareness and improve your posture with exercises that focus on your abdominals and back, plan to use your whole body and mind. Includes core strengthening and toning using dumbbells resistance bands and more.

Tai Chi: All levels. Fun flexible training program geared toward building energy and health. Includes regulating 5 important elements: body, breathing, mind, the Chi and the Spirit.

Yin Plus: All levels. Take Yin Yoga to the next level with the use of straps and blocks while incorporating balancing poses.

Yoga Flow: All levels. We will flow through a variety of postures slowly and with focus to clear the mind. Everything is optional, and variations will be presented. Please bring your own mat.

Yogajjuvenation: All levels. This yoga class incorporates movement, strengthening, balance, stretching, breath, focus, and relaxation to rejuvenate from the inside out. Modifications are offered in the standing and mat practice. Please bring your own mat.

Yogalates: Beginner-Intermediate. This class combines breathing, flexibility and balance of traditional Yoga with core strengthening and toning exercises done in our Pilates class. Please bring your own mat.

Cardiovascular and Muscular Strengthening & Conditioning

Ball, Band & Land: Intermediate- Advanced. This class will challenge all of your major muscles using the stability, BOSU® and medicine balls. You will also use hand weights, exercise bands and play short cardio games to promote endurance.

Core Focus: All levels. Be challenged developing your core strength using medicine balls, Kettle bells, stability balls, BOSU balls and more. With variety built into the weekly format, you will feel the burn and be glad the class is only 40 minutes long!

HIIT 45: Intermediate- Advanced. This high-intensity interval training class is just 45 minutes using various equipment and your own body weight. Bursts of high-intensity cardio and strength exercises interspersed with brief periods of recovery. Tone and strengthen as you sweat with scalable, full-body exercises that will test you and help you exceed your own expectations. Experience a new workout each day with our variety of instructors.

Hip Hop CIRCUIT: Increase your stamina and tone and sculpt your body through a combination of strength training and fun, high impact hip hop dance routines. Hand weights and body weight will be used during strength training sets.

SilverSneakers Classic®: Beginner. Increase muscular strength, range of movement and improve activities for daily living. You will have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Stability Ball for All: All levels. A fun-filled, motivational class using the stability ball. Designed for beginners and anyone wanting to improve balance, posture, core strength, as well as toning upper and lower body muscle groups. All ages welcome! Stability Balls are provided, please bring your own mat.

STRONG by ZUMBA®: Intermediate- Advanced. A HIIT class by Zumba that combines body weight, muscle conditioning, cardio and plyometric training moves that are synced to Zumba music. The music is designed to match every move.

Tabata: Intermediate- Advanced. A form of high intensity interval training using a variety of exercises and resistance methods that offers more health benefits than traditional cardiovascular exercise. It's short, intense, efficient and effective.

Total Body Conditioning: Intermediate- Advanced. Work every large muscle group in this challenging one hour, two day a week class. Consistently participating will give you amazing results including toning, endurance, and cardiovascular strength. No two workouts are alike, so enjoy variety as you make this class a part of your weekly routine.

ZUMBA®: All levels. This world-famous class is a Latin-based high cardio, low impact workout that includes Salsa, Merengue & Cumbia.