



Troon Mountain Health & Fitness
 10428 E. Jomax Suite 103, Scottsdale AZ 85262
 P 480.538.2877 F 480.538.7862
troonmountainfitness@gmail.com

Aug 15-Sept 30

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------|---------------------------------------|---------------------------------|---------------------------------------|---|---------------------|---|--|
| 7:50-8:50AM | | Yoga (Strength/Restore) Lisa | Intermediate Pilates Mat Janelle | | Yoga (Flow) Lisa | | |
| 9:00-10:00AM | Cardio Sculpt La | Move & Groove La | Cardio Sculpt La | Zumba Carolyn | Circuit La | Yoga (All Levels) Robert 9:00-10:15 | Yoga (Restore) DeLene 9:00-10:15 |
| 6:15 PM-7:30 | Yoga (Deep Stretch) Scott 6:15- | | Yoga (Flow) DeLene 6:15-7:30 pm | Yoga (Stretch/Restore) DeLene 6:15- | | | |

*** Class Card \$120.00 for 10 sessions. Single sessions \$12.00.
 Please check in at front desk before class.