


































Gym Hours: Mon-Fri 5:00AM to 8:00 PM, Sat 6:00AM to 3:00PM, Sun 7:00am to 2:00PM

520-296-1900 www.marcelstotalfitness.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am		 5:15am Marcie	Core Fusion 30 Min Melissa	 5:15 am Marcie		
6:05 am	 Aris	 6:15 am Rob	 Aris	 6:15 am Rob	 Aris	
7:10 am						 7:05 am Deanna
8:25 am	 DeeAnne 8:20am	 8:00am Patty	 DeeAnne 8:20am	 8:00am Patty	 DeeAnne 8:20am	 Deanna 8:05 am
9:30am	Strength & Interval  Melissa	<i>Yin Yoga</i> 9:15 am 1hr 15min DeeAnne		<i>Yin Yoga</i> 9:15 am 1hr 15min DeeAnne	Core Fusion 1 hr Melissa	 9:15am Ann
10:45 am	 Tierney	 YOGA Melissa	 Tierney	 YOGA Melissa	 Tierney	Pilates & More 10:15 am Virginia
3:30 pm	 Ann	 Patty	 Ann	 Patty		
4:30 pm	Full Body Toning Deanna	Step  Ellen	Full Body Toning Deanna	Step  Ellen		
5:35 pm	 Rob	 DeeAnne	 Rob	 Virginia		REV: 07/11/2018



Total Fitness- Safe & Effective yet Challenging Functional Free-Weight/ Cross-Training/ Boot Camp style workout for your entire body!



Yoga Flow uses poses to create balance in the body. Classes involve linking several poses together to create strength, flexibility, endurance, and balance that effectively work all parts of the body.

Core Fusion – This is a core strength class that combines Yoga and Pilates into one great core work out.



Cycling classes are fun, exhilarating indoor cycle journeys built on the foundational principles of outdoor cycling. This class is a multi-level. Wear comfortable clothing, bring a water bottle. Bike shoes with SPD clips optional. If you are new to class, arrive 15 minutes early and the instructor will fit you on the bike and explain the class to you.

Yin Yoga– Yin Yoga is a passive practice with modifications to fit everybody. Most poses are seated, supine or prone and held for longer periods of time. Staying in the poses, gently stretches connective tissue and targets ligaments, bones and even the joints of the body that normally are not exercised very much.



ZUMBA

-Music of the world has inspired this fitness class! So much fun you won't believe you're exercising!



Pilates was created by Joseph Pilates. This class incorporates his Five Principles, Precision, Breathe, Balance, Flow, and Centering. This class focus on muscles closest to the spine. Pilates also works from the inside out. This class gives over all toning and balances the body. This class is great for everyone and modifications are given for beginners.



- Step is a fabulous workout designed for intermediate levels. Fun step combos and choreography mixes will have you *stepping up the cardio and kicking your heart rate into high gear!*



- is a program encouraging older adults to participate in physical activities that will help them to maintain greater control of their health. It sponsors activities and social events designed to keep seniors healthy while encouraging social interaction.

Full Body Toning - Full body workout focused on improving strength, cardio endurance, balance and fluid movement. Constantly varied to include body weight, free weight exercises and other variations to avoid fitness plateaus. Designed to enhance your mood, increase energy, tone your body and have fun exercising.