

July 2021 Fitness Classes Calendar

Great Room Hours: 8.00am - 8.00pm

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|-----|---|--|---|--|-----|---|
| | | | | 01 Sit Down & Shape Up: 08:15am - 09:15am | 02 | 03 Yoga: 10:30am - 11:30am |
| 04 | 05 Total Body Conditioning: 07:30am - 08:30am Water Aerobics: 9:00am-10:00am Cardio Kickboxing: 06:00pm - 07:00pm | 06 Sit Down & Shape Up: 08:15am - 09:15am | 07 Total Body Conditioning: 07:30am - 08:30am Water Aerobics: 9:00am-10:00am Cardio Kickboxing: 06:00pm - 07:00pm | 08 Sit Down & Shape Up: 08:15am - 09:15am | 09 | 10 Yoga: 10:30am - 11:30am |
| 11 | 12 Total Body Conditioning: 07:30am - 08:30am Water Aerobics: 9:00am-10:00am Cardio Kickboxing: 06:00pm - 07:00pm | 13 Sit Down & Shape Up: 08:15am - 09:15am | 14 Total Body Conditioning: 07:30am - 08:30am Water Aerobics: 9:00am-10:00am Cardio Kickboxing: 06:00pm - 07:00pm | 15 Sit Down & Shape Up: 08:15am - 09:15am | 16 | 17 Yoga: 10:30am - 11:30am |
| 18 | 19 Total Body Conditioning: 07:30am - 08:30am Water Aerobics: 9:00am-10:00am Cardio Kickboxing: 06:00pm - 07:00pm | 20 Sit Down & Shape Up: 08:15am - 09:15am | 21 Total Body Conditioning: 07:30am - 08:30am Water Aerobics: 9:00am-10:00am Cardio Kickboxing: 06:00pm - 07:00pm | 22 Sit Down & Shape Up: 08:15am - 09:15am | 23 | 24 Yoga: 10:30am - 11:30am |
| 25 | 26 Total Body Conditioning: 07:30am - 08:30am Water Aerobics: 9:00am-10:00am Cardio Kickboxing: 06:00pm - 07:00pm | 27 Sit Down & Shape Up: 08:15am - 09:15am | 28 Total Body Conditioning: 07:30am - 08:30am Water Aerobics: 9:00am-10:00am Cardio Kickboxing: 06:00pm - 07:00pm | 29 Sit Down & Shape Up: 08:15am - 09:15am | 30 | 31 Yoga: 10:30am - 11:30am |

Reservations/Cancellations should be made 24-hours in advance on our **Concierge Plus** website.

They may also be made over the phone by calling **(480)668-3640** or through our email

venuconcierge@wearevision.com



July 2021 Fitness Classes

Water Aerobics

At the Back Pool

Instructors:
Domni

Monday 9:00am-10:00am
Wednesday 9:00am-10:00am

*Please bring a water bottle.

Total Body Conditioning

In the Fitness Room

Instructors:
Domni

Monday 7:30am-8:30am
Wednesday 7:30am-8:30am

*Please bring a yoga mat, and
water bottle.

Cardio Kickboxing

In the Fitness Room

Instructors:
Maggie

Monday 6:00pm-7:00pm
Wednesday 6:00pm-7:00pm

*Please bring a yoga mat, and
water bottle.

Residents: We have a new system called Concierge Plus. This program enables you to sign up for classes, as well as receive package notifications and create work orders for maintenance issues. Please go to <https://www.venuatgrayhawk.com> to access our **Concierge Plus** program.

Sit Down & Shape Up

In the Fitness Room

Instructors:
Anita

Tuesday 8:15am-9:15am
Thursday 8:15am-9:15am

*Please bring a water bottle.

Zoom Info:
ID- 84760447522
Pass Code- 074581

Yoga

In the Fitness Room

Instructors:
Terri

Saturday 10:30am-11:30am

*Please bring a yoga mat, and water
bottle.



I WANT YOU
TO JOIN OUR FITNESS CLASSES