

PERFORMANCE CENTER

Cave Creek Fitness Group Personal Training Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am - 8:00am			Bod Squad Sara		Bod Squad Sara		
8:00am - 9:00am							Better Body Fitness Renée
9:00am - 10:00am		Warrior Workout Sara	Full Body Anne	Warrior Workout Sara	Full Body Anne	Better Body Fitness Anne	
5:30pm - 6:30pm		Barbells & Dumbbells Renée			Barbells & Dumbbells Renée		

Full body workouts performed in small groups to deliver the personal training experience for any fitness level!

Please see the front desk to sign up for your first class.