

PERFORMANCE CENTER

Cave Creek Fitness Group Personal Training Schedule

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|--------|--|----------------------------------|---|----------------------------------|--|--|
| 6:00am - 7:00am | | | | Cave Creek Cross Training Jim | | Cave Creek Cross Training Jim | |
| 7:00am - 8:00am | | | Lower Warrior Workout Sara | | Upper Warrior Workout Sara | | |
| 8:00am - 9:00am | | Warrior Workout Sara 7:45am - 8:45am | | Strength HIIT Tom 7:45am - 8:45am | | CoreFit Bootcamp Ann 7:45am - 8:45am | Cave Creek Cross Training Tom |
| 9:00am - 10:00am | | Warrior Workout Sara | True Strength Upper Ann | Strength HIIT Tom | Powerful Lower Ann | CoreFit Bootcamp Ann | Strength HIIT Tom 9:15am - 10:15am |
| 10:15am - 11:15am | | | Cave Creek Cross Training Tom | | Cave Creek Cross Training Tom | | |
| 5:30pm - 6:30pm | | Barbells + Dumbbells Renée | Cave Creek Cross Training Tom | | Cave Creek Cross Training Tom | | |

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.