

# GROUP FITNESS, CYCLING ROOM - EAST

FEBRUARY 2018
Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
				1	2	3
				5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	9:00 TRX—Robb (Fee) 5:15 HAPPY HOUR + PILATES--Rochelle	
4	5	6	7	8	9	10
3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A	5:45 pm CYCLING --Danyelle	5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	5:45 pm CYCLING --Danyelle	5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	9:00 TRX—Robb (Fee) 5:15 HAPPY HOUR + PILATES--Rochelle	
11	12	13	14	15	16	17
3:00-5:00 BARRE ABOVE "HEART TO HEART" --Angie A & Heather	5:45 pm CYCLING --Danyelle	5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	5:45 pm CYCLING --Danyelle	5:15amCYCLING--Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	9:00 TRX—Robb (Fee) 5:15 HAPPY HOUR + PILATES--Rochelle	
18	19	20	21	22	23	24
3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A	5:45 pm CYCLING --Danyelle	5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	5:45 pm CYCLING --Danyelle	5:15amCYCLING--Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)	9:00 TRX—Robb (Fee) 5:15 HAPPY HOUR +PILATES--Rochelle	
25	26	27	28	All group fitness classes are free to members unless (fee) is written on the schedule.  Please call 779-5141 to register and pay for fee class.  If attending first indoor cycling class, please arrive 15 minutes prior to class time listed.  All schedules are available online at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a> .		
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