

GROUP FITNESS, CYCLING ROOM - EAST

MARCH 2018 Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-eday	Thursday	Friday	Saturday
<p>All group fitness classes are free to members unless (fee) is written on the schedule.</p> <p>Please call 779-5141 to register and pay for fee class.</p> <p><i>If attending first indoor cycling class, please arrive 15 minutes prior to class time listed.</i></p> <p>All schedules are available online at flagstaffathleticclub.com.</p>				1	2	3
4	5	6	7	8	9	10
<p>3:00 BARRE/PILATES FUSION --Heather 4:00 willPower & grace® --Lisa</p>	<p>5:45 pm CYCLING --Danyelle</p>	<p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>		<p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>9:00 TRX—Robb (Fee) 5:15-6:45 HIT THE GYM for a HIP HAPPY HOUR (30 min Cycling; 30 min Strength; 30 min Pilates) --Rochelle</p>	
11	12	13	14	15	16	17
<p>3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A</p>	<p>5:45 pm CYCLING --Danyelle</p>	<p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>		<p>5:15amCYCLING--Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>9:00 TRX—Robb (Fee)</p>	<p>SPRING BREAK MODIFIEDSCHEDULE March 17-25</p>
18	19	20	21	22	23	24
	<p>5:45 pm CYCLING --Danyelle</p>	<p>12:00 CYCLING—Laurie</p>		<p>12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>		
25	26	27	28	29	30	31
<p>3:00-5:00 pm FUSION of SPIN & BARRE ABOVE --Rochelle/Angie A</p>	<p>5:45 pm CYCLING --Danyelle</p>	<p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>		<p>5:15amCYCLING--Rochelle 12:00 CYCLING—Laurie 5:45 GYMNASTICBODIES (Fee)</p>	<p>9:00 TRX—Robb (Fee)</p>	