

# GROUP FITNESS, CYCLING ROOM - EAST

MAY 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><b>1</b></p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Tabitha 5:00 GYMNASTICBODIES (Fee)</p>	<p><b>2</b></p>	<p><b>3</b></p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie</p>	<p><b>4</b></p> <p>9:00 TRX—Robb (Fee)</p>	<p><b>5</b></p>
		<p><b>6</b></p> <p>3:00 BARRE ABOVE --Angie A</p>	<p><b>7</b></p> <p>7:45 am LONGEVITY --Danyelle 5:45 pm CYCLING --Danyelle</p>	<p><b>8</b></p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)</p>	<p><b>9</b></p>	<p><b>10</b></p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:00GYMNASTICBODIES (Fee)</p>
<p><b>13</b></p> <p><b>HAPPY MOTHER'S DAY!</b></p> <p>A one hour workout gift of fitness for all our wonderful FAC MOMS!</p> <p>4:00 willPower &amp; grace® --Jennifer K</p>	<p><b>14</b></p> <p>7:45 am LONGEVITY --Danyelle 5:45 pm CYCLING --Danyelle</p>	<p><b>15</b></p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)</p>	<p><b>16</b></p>	<p><b>17</b></p> <p>5:15amCYCLING--Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)</p>	<p><b>18</b></p> <p>9:00 TRX—Robb (Fee)</p>	<p><b>19</b></p>
<p><b>20</b></p> <p>3:00-5:00 BROADWAY PIYO --Angie A/Heather</p>	<p><b>21</b></p> <p>7:45 am LONGEVITY --Danyelle 5:45 pm CYCLING--Danyelle</p>	<p><b>22</b></p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)</p>	<p><b>23</b></p>	<p><b>24</b></p> <p>5:15amCYCLING--Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)</p>	<p><b>25</b></p> <p>9:00 TRX—Robb (Fee)</p>	<p><b>26</b></p>
<p><b>27</b></p> <p>3:00 BARRE ABOVE --Angie A</p>	<p><b>28</b></p> <p><b>MEMORIAL DAY HOURS:</b></p> <p>7am-6pm</p> <p>7:45 am LONGEVITY --Danyelle</p>	<p><b>29</b></p> <p>5:15am CYCLING-Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)</p>	<p><b>30</b></p>	<p><b>31</b></p> <p>5:15amCYCLING--Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)</p>	<p>All schedules are available online at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>.</p>	