

GROUP FITNESS, CYCLING ROOM - EAST

JULY 2018

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
1 3:15 PIYO--Angie A	2 7:45 am LONGEVITY --Danyelle 5:45 pm CYCLING--Danyelle	3 5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)	4 Happy 4th! Club Hours: 7 am - 6 pm	5 5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie	6 9:00 TRX—Robb (Fee)	7
8 3:15 PIYO--Angie A	9 7:45 am LONGEVITY --Danyelle 1:30 YOGA 1--Ken 4:45 RPM®—Rock 5:45 pm CYCLING--Danyelle	10 5:15am CYCLEFIT-Rochelle 10:15 RPM®—Rock 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES	11 1:30 YOGA 1--Ken 4:30 ZUMBA--Sergio 5:45 FLOW YOGA--Ken	12 5:15am CYCLEFIT-Rochelle 10:15 RPM®—Rock 12:00 CYCLING—Laurie 5:00GYMNASTICBODIES (Fee)	13 9:00 TRX—Robb (Fee) 12:00 CYCLING--Tabitha 4:30 ZUMBA--Sergio	14 Zumba Kids Training 8:45 am - 5:30 pm
15 Zumba Kids Training 8:45 am - 5:30 pm	16 7:45 am LONGEVITY --Danyelle 5:45 pm CYCLING--Danyelle	17 5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)	18	19 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)	20 9:00 TRX—Robb (Fee)	21
22 3:15 PIYO--Angie A	23 7:45 am LONGEVITY --Danyelle 5:45 pm CYCLING--Danyelle	24 5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)	25	26 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)	27 9:00 TRX—Robb (Fee)	28
29 3:15 PIYO--Angie A	30 7:45 am LONGEVITY --Danyelle 5:45 pm CYCLING--Danyelle	31 5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:00 GYMNASTICBODIES (Fee)	<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</i></p> <p>All schedules are available online at flagstaffathleticclub.com.</p>			