

GROUP FITNESS, DIAMOND ROOM - WEST

JANUARY 2018 Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-eday	Thursday	Friday	Saturday
	1 HAPPY NEW YEAR! CLUB HOURS 7am-6pm 11:00 Nia Holiday Gift --Stephanie 12:15 RPM HAPPY NEW YOU! --Rock	2 9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 4:30 BARRE FUSION® 45 --Angie A 5:45 CYCLING--Robb	3 5:45am CYCLING—Jenn C 9:00 willPower & grace® —Jennifer K 10:15 ATHLETIC FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 5:45 FLOW YOGA--Ken	4 5:30am RISE & SHINE YOGA--Maggie 10:15 RPM®--Rock 12:00 ZUMBA--Sergio 4:30 Nia—Stephanie 5:45 VO CYCLING--Melinda	5 5:45am CYCLING--Danyelle 9:00 willPower & grace®—Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 CYCLING—Robb 1:30 YOGA 1--Carol	6 8:15 CYCLING—Jenn C 9:30 willPower & grace® —Jennifer K 10:45 POUND—Stephanie
7	8 6:00 am RPM--Thea/Bianca 9:00 BODYCOMBAT® —Vicky 10:15 ALL LEVELS YOGA --Anni 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA —Ken 7:00 BALLROOM DANCE --Ken (FEE)	9 9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 4:30 BARRE FUSION® 45 --Angie A 5:45 CYCLING--Robb	10 5:45am CYCLING—Jenn C 9:00 willPower & grace® --Jennifer K 10:15 ATHLETIC FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 5:45 FLOW YOGA--Ken	11 5:30am RISE & SHINE YOGA--Maggie 10:15 RPM®--Rock 12:00 ZUMBA--Sergio 4:30 Nia—Stephanie 5:45 RPM®—Thea	12 5:45am CYCLING--Danyelle 9:00 willPower & grace®—Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 CYCLING—Robb 1:30 YOGA 1--Anni	13 8:15 VO CYCLING—Melinda 9:30 ROCKSTAR WORKOUT: willPower & grace® Barre Fusion® POUND® --Team
14	15 6:00 am RPM-- Bianca 9:00 BODYCOMBAT® —Vicky 10:15 ALL LEVELS YOGA --Anni 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA —Ken 7:00 BALLROOM DANCE --Ken (FEE)	16 9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 4:30 BARRE FUSION® 45 --Angie A 5:45 CYCLING--Robb	17 5:45am CYCLING—Jenn C 9:00 willPower & grace® —Jennifer K 10:15 ATHLETIC FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 5:45 FLOW YOGA--Ken	18 5:30am RISE & SHINE YOGA--Maggie 10:15 RPM®—Rock 12:00 ZUMBA--Sergio 4:30 Nia—Stephanie 5:45 RPM®—Thea	19 5:45am CYCLING—Danyelle 9:00 willPower & grace®—Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 CYCLING—Robb 1:30 YOGA 1--Anni	20 8:15 CYCLE TEAM COMPETITION --Melinda & Kelly 9:30 willPower & grace® —Jennifer K 10:45 POUND—Danyelle
21 3:00 BARRE ABOVE --Angie A 4:00 willPower & grace® --Angie A	22 6:00 am RPM--Thea 9:00 BODYCOMBAT® —Vicky 10:15 ALL LEVELS YOGA --Anni 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA —Ken 7:00 BALLROOM DANCE --Ken (FEE)	23 9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 4:30 BARRE FUSION® 45 --Angie A 5:45 CYCLING--Robb	24 5:45am CYCLING—Jenn C 9:00 willPower & grace® —Jennifer K 10:15 ATHLETIC FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 5:45 FLOW YOGA--Ken	25 5:30am RISE & SHINE YOGA--Maggie 10:15 RPM®—Rock 12:00 ZUMBA--Sergio 4:30 Nia—Stephanie 5:45 RPM®—Thea	26 5:45am CYCLING—Danyelle 9:00 willPower & grace®—Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 CYCLING—Robb 1:30 YOGA 1--Anni	27 8:15 CYCLING--Meghan 9:30 willPower & grace® --Lisa 10:45 POUND—Danyelle
28	29 6:00 am RPM--Bianca 9:00 BODYCOMBAT® —Vicky 10:15 ALL LEVELS YOGA --Anni 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA —Ken 7:00 BALLROOM DANCE --Ken (FEE)	30 9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 4:30 BARRE FUSION® 45 --Angie A 5:45 CYCLING--Robb	31 5:45am CYCLING—Jenn C 9:00 willPower & grace® —Jennifer K 10:15 ATHLETIC FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 5:45 FLOW YOGA--Ken	<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> <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>		