

# GROUP FITNESS, DIAMOND ROOM - WEST

JULY 2017

Flagstaff Athletic Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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 <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a></p> <p>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 classes.</p>						<p>1</p> <p>8:15 CYCLING—Jenn C 9:30 willPower &amp; grace® —Angie A 10:45 POUND—Stephanie</p>
<p>2</p>	<p>3</p> <p>5:45am VO CYCLING —Melinda 9:00 BODYCOMBAT® —Vicky 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA —Ken</p>	<p>4</p> <p>Happy 4th of July!! West Club Closed</p> <p>East Club Hours: 5 am - 4 pm</p>	<p>5</p> <p>5:45am CYCLING—Jenn C 9:00 willPower &amp; grace® —Jennifer K 10:15 ATHLETIC FLOW YOGA —Keelyn 12:00 VO CYCLING—Melinda 5:45 ALL LEVELS YOGA—Ken</p>	<p>6</p> <p>5:45am RPM®—Bianca 10:15 RPM®—Rock 12:00 ZUMBA--Sergio 4:30 Nia—Stephanie 5:45 YOGA 1—Ken</p>	<p>7</p> <p>5:45am CYCLING—Kelly 9:00 willPower &amp; grace® —Liz 10:15 ATHLETIC FLOW YOGA —Ken 12:00 CYCLING—Tabitha 4:30 ZUMBA!--Sergio</p>	<p>8</p> <p>8:15 CYCLING—Jenn C 9:30 willPower &amp; grace® —Jennifer K 10:45 POUND—Danyelle</p>
<p>9</p>	<p>10</p> <p>5:45am CYCLING --Kelly 9:00 BODYCOMBAT® —Vicky 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA —Ken</p>	<p>11</p> <p>9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 11:15 YOGA 3—Ken 5:30 CYCLING--Robb</p>	<p>12</p> <p>5:45am CYCLING—Jenn C 9:00 willPower &amp; grace® —Jennifer K 10:15 ATHLETIC FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 5:45 ALL LEVELS YOGA--Ken</p>	<p>13</p> <p>5:45am RPM®—Bianca 10:15 RPM®—Rock 12:00 ZUMBA--Sergio 4:30 Nia—Stephanie 5:45 YOGA 1—Ken</p>	<p>14</p> <p>5:45am VO CYCLING—Melinda 9:00 willPower &amp; grace® —Jenn K 10:15 ATHLETIC FLOW YOGA —Anni 12:00 CYCLING—Tabitha 4:30 ZUMBA!--Sergio</p>	<p>15</p> <p>8:15 CYCLING—Melinda 9:30 willPower &amp; grace® —Jennifer K 10:45 POUND—Stephanie</p>
<p>16</p>	<p>17</p> <p>5:45am VO CYCLING —Melinda 9:00 BODYCOMBAT® —Janelle 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA —Keelyn</p>	<p>18</p> <p>9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 11:15 YOGA 3—Anni 5:30 CYCLING--Robb</p>	<p>19</p> <p>5:45am CYCLING—Danyelle 9:00 willPower &amp; grace® —Jennifer K 10:15 ATHLETIC FLOW YOGA —Anni 12:00 VO CYCLING—Melinda 5:45 ALL LEVELS YOGA --Michael</p>	<p>20</p> <p>5:45am RPM®--Thea 10:15 RPM®—Rock 12:00 ZUMBA--Sergio 4:30 Nia—Stephanie</p>	<p>21</p> <p>5:45am VO CYCLING—Melinda 9:00 willPower &amp; grace® —Lisa 10:15 ATHLETIC FLOW YOGA —Anni 12:00 CYCLING—Tabitha 4:30 ZUMBA!--Sergio</p>	<p>22</p> <p>8:15 CYCLING—Danyelle 9:30 willPower &amp; grace® —Jennifer K 10:45 POUND—Danyelle</p>
<p>23/30</p>	<p>24/31</p> <p>5:45am VO CYCLING —Melinda 9:00 BODYCOMBAT® —Vicky 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA —Anni/Ken</p>	<p>25</p> <p>9:00 TRX —Robb (Fee) 10:15 RPM®—Rock 11:15 YOGA 3—Ken 5:30 CYCLING--Robb</p>	<p>26</p> <p>5:45am CYCLING--Danyelle 9:00 willPower &amp; grace® —Liz 10:15 ATHLETIC FLOW YOGA —Ken 12:00 VO CYCLING—Melinda 5:45 ALL LEVELS YOGA—Ken</p>	<p>27</p> <p>5:45am RPM®—Bianca 10:15 RPM®—Rock 12:00 ZUMBA--Sergio 5:45 YOGA 1—Ken</p>	<p>28</p> <p>5:45am VO CYCLING--Melinda 9:00 willPower &amp; grace® —Liz 10:15 ATHLETIC FLOW YOGA —Anni 12:00 CYCLING—Tabitha 4:30 ZUMBA!--Sergio</p>	<p>29</p> <p>8:15-10:15 TOUR de FrAnCe --Melinda 10:45 POUND--Danyelle</p>