

# GROUP FITNESS, DIAMOND ROOM - WEST

OCTOBER 2017

Flagstaff Athletic Club

| Su-day  | Mo-day   | Tuesday   | Wed-eday  | Thursday  | Friday   | Saturday   |
|---|--|---|---|---|--|--|
| 1   | 2<br>5:45am VO CYCLING<br>--Melinda<br>9:00 BODYCOMBAT®<br>—Janelle<br>10:15 ALL LEVELS YOGA<br>--Anni<br>12:00 CYCLING—Robb<br>4:45 RPM®—Rock<br>5:45 ALL LEVELS YOGA<br>—Ken     | 3<br>9:00 TRX —Robb (Fee)<br>10:15 RPM®—Rock<br>11:15 YOGA 3—Ken<br>4:30 BARRE FUSION <sup>c</sup> 45<br>--Angie A<br>5:45 CYCLING--Robb  | 4<br>5:45am CYCLING—Jenn C<br>9:00 willPower & grace®<br>—Jennifer K<br>10:15 ATHLETIC FLOW YOGA<br>—Anni<br>12:00 VO CYCLING—Melinda<br>5:45 ALL LEVELS YOGA--Ken  | 5<br>10:15 RPM®—Rock<br>12:00 ZUMBA--Sergio<br>4:30 Nia—Stephanie   | 6<br>5:45am VO CYCLING--Melinda<br>9:00 willPower & grace®—Liz<br>10:15 ATHLETIC FLOW YOGA<br>—Anni<br>12:00 CYCLING—Tabitha         | 7<br>8:15 CYCLING—Rachel<br>9:30 willPower & grace®<br>—Stephanie<br>10:45 POUND—Danyelle    |
| 8   | 9<br>5:45am VO CYCLING<br>--Melinda<br>9:00 BODYCOMBAT®<br>—Vicky<br>10:15 ALL LEVELS YOGA<br>--Anni<br>12:00 CYCLING—Robb<br>4:45 RPM®—Rock<br>5:45 ALL LEVELS YOGA<br>—Ken       | 10<br>9:00 TRX —Robb (Fee)<br>10:15 RPM®—Rock<br>11:15 YOGA 3—Ken<br>4:30 BARRE FUSION <sup>c</sup> 45<br>--Angie A<br>5:45 CYCLING--Robb | 11<br>5:45am CYCLING—Jenn C<br>9:00 willPower & grace®<br>—Jennifer K<br>10:15 ATHLETIC FLOW YOGA<br>—Anni<br>12:00 CYCLING—Robb<br>5:45 ALL LEVELS YOGA--Ken   | 12<br>5:30am RISE & SHINE<br>YOGA--Maggie<br>10:15 RPM®—Rock<br>12:00 ZUMBA--Sergio<br>4:30 Nia—Stephanie | 13<br>5:45am CYCLING--Rachel<br>9:00 willPower & grace®<br>—Angie A<br>10:15 ATHLETIC FLOW YOGA<br>—Michael<br>12:00 CYCLING—Tabitha | 14<br>8:15 CYCLING—Tabitha<br>9:30 willPower & grace®<br>—Jennifer K<br>10:45 POUND—Danyelle |
| 15  | 16<br>5:45am VO CYCLING<br>--Melinda<br>9:00 BODYCOMBAT®<br>—Vicky<br>10:15 ALL LEVELS YOGA<br>--Anni<br>12:00 CYCLING—Robb<br>4:45 RPM®—Rock<br>5:45 ALL LEVELS YOGA<br>—Danielle | 17<br>9:00 TRX —Robb (Fee)<br>10:15 RPM®—Rock<br>11:15 YOGA 3—Ken<br>4:30 BARRE FUSION <sup>c</sup> 45<br>--Angie A<br>5:45 CYCLING--Robb | 18<br>5:45am CYCLING—Jenn C<br>9:00 willPower & grace®<br>—Jennifer K<br>10:15 ATHLETIC FLOW YOGA<br>—Anni<br>12:00 VO CYCLING—Melinda<br>5:45 ALL LEVELS YOGA--Ken   | 19<br>5:30am RISE & SHINE<br>YOGA--Maggie<br>10:15 RPM®—Rock<br>12:00 ZUMBA--Sergio<br>4:30 Nia—Stephanie | 20<br>5:45am VO CYCLING—Melinda<br>9:00 willPower & grace®—Liz<br>10:15 ATHLETIC FLOW YOGA<br>—Anni<br>12:00 CYCLING—Tabitha         | 21<br>8:15 CYCLING—Kelly<br>9:30 willPower & grace®<br>—Jennifer K<br>10:45 POUND—Danyelle   |
| 22<br>3:00 BARRE FUSION <sup>c</sup><br>--Angie A<br>4:00 willPower & grace <sup>c</sup><br>--Angie A               | 23<br>5:45am VO CYCLING<br>--Melinda<br>9:00 BODYCOMBAT®<br>—Vicky<br>10:15 ALL LEVELS YOGA<br>--Anni<br>12:00 CYCLING—Robb<br>4:45 RPM®—Rock<br>5:45 ALL LEVELS YOGA<br>—Ken      | 24<br>9:00 TRX —Robb (Fee)<br>10:15 RPM®—Rock<br>11:15 YOGA 3—Ken<br>4:30 BARRE FUSION <sup>c</sup> 45<br>--Angie A<br>5:45 CYCLING--Robb | 25<br>5:45am CYCLING—Jenn C<br>9:00 willPower & grace®<br>—Jennifer K<br>10:15 ATHLETIC FLOW YOGA<br>—Anni<br>12:00 VO CYCLING—Melinda<br>5:45 ALL LEVELS YOGA--Ken   | 26<br>5:30am RISE & SHINE<br>YOGA--Maggie<br>10:15 RPM®—Rock<br>12:00 ZUMBA--Sergio<br>4:30 Nia—Stephanie | 27<br>5:45am VO CYCLING—Melinda<br>9:00 willPower & grace®—Liz<br>10:15 ATHLETIC FLOW YOGA<br>—Anni<br>12:00 CYCLING—Tabitha         | 28<br>8:15 CYCLING—Jenn C<br>9:30 willPower & grace®<br>—Jennifer K<br>10:45 POUND—Danyelle  |
| 29<br>LES MILLS LAUNCH<br>1:00 GRIT™<br>1:45 BODYCOMBAT®<br>3:00 BODYPUMP®<br>(All Above In Main Room)<br>4:15 RPM® | 30<br>5:45am VO CYCLING<br>--Melinda<br>9:00 BODYCOMBAT®<br>—Vicky<br>10:15 ALL LEVELS YOGA<br>--Anni<br>12:00 CYCLING—Robb<br>4:45 RPM®—Rock<br>5:45 ALL LEVELS YOGA<br>—Ken      | 31<br>9:00 TRX —Robb (Fee)<br>10:15 RPM®—Rock<br>11:15 YOGA 3—Ken<br>4:30 BARRE FUSION <sup>c</sup> 45<br>--Angie A<br>5:45 CYCLING--Robb | <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.</p> <p>Please call 779-5141 to register and pay for fee class.</p> |   |  |  |