

GROUP FITNESS, DIAMOND ROOM - WEST

DECEMBER 2017

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-eday	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 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>					1	2
3	4 5:45am VO CYCLING—Melinda 9:00 BODYCOMBAT®—Vicky 10:15 ALL LEVELS YOGA—Anni 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA—Ken	5 9:00 TRX—Robb (Fee) 10:15 RPM®—Rock 4:30 BARRE FUSION® 45—Angie A 5:45 CYCLING—Robb	6 5:45am CYCLING—Jenn C 9:05 willPower & grace®—Liz 10:15 ATHLETIC FLOW YOGA—Anni 12:00 VO CYCLING—Melinda 5:45 FLOW YOGA—Ken	7 5:30am RISE & SHINE YOGA—Maggie 10:15 RPM®—Rock 12:00 ZUMBA—Sergio 4:30 Nia—Stephanie 5:45 RPM®—Thea	8 5:45am CYCLING—Danyelle 9:00 willPower & grace®—Liz 10:15 ATHLETIC FLOW YOGA—Anni 12:00 CYCLING—Robb 1:30 YOGA 1—Anni	9 8:15 CYCLING—Meghan 9:30 willPower & grace®—Angie A 10:45 POUND—Danyelle
10	11 5:45am VO CYCLING—Melinda 9:00 BODYCOMBAT®—Vicky 10:15 ALL LEVELS YOGA—Anni 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA—Ken	12 9:00 TRX—Robb (Fee) 10:15 RPM®—Rock 4:30 BARRE FUSION® 45—Angie A 5:45 CYCLING—Robb	13 5:45am CYCLING—Jenn C 9:05 willPower & grace®—Liz 10:15 ATHLETIC FLOW YOGA—Anni 12:00 VO CYCLING—Melinda 5:45 FLOW YOGA—Ken	14 5:30am RISE & SHINE YOGA—Maggie 10:15 RPM®—Rock 12:00 ZUMBA—Sergio 4:30 Nia—Stephanie 5:45 RPM®—Thea	15 5:45am CYCLING—Danyelle 9:00 willPower & grace®—Liz 10:15 ATHLETIC FLOW YOGA—Anni 12:00 CYCLING—Robb 1:30 YOGA 1—Anni	16 8:15 CYCLING—Jenn C 9:30 willPower & grace®—Lisa 10:45 POUND—Stephanie
17	18 5:45am VO CYCLING—Melinda 9:00 BODYCOMBAT®—Vicky 10:15 ALL LEVELS YOGA—Stephanie 12:00 CYCLING—Robb 4:45 RPM®—Rock 5:45 ALL LEVELS YOGA—Ken	19 9:00 TRX—Robb (Fee) 10:15 RPM®—Rock 5:45 CYCLING—Robb	20 5:45am CYCLING—Jenn C 9:05 willPower & grace®—Stephanie 10:15 ATHLETIC FLOW YOGA—Stephanie 12:00 VO CYCLING—Melinda 4:30 Nia Holiday Gift—Stephanie 5:45 FLOW YOGA—Ken	21 5:30am RISE & SHINE YOGA—Maggie 10:15 RPM®—Rock 12:00 ZUMBA—Sergio 4:30 Nia Holiday Gift—Stephanie 5:45 RPM®—Thea	22 5:45am CYCLING—Danyelle 9:00 willPower & grace®—Liz 10:15 ATHLETIC FLOW YOGA—Stephanie 12:00 CYCLING—Robb 1:30 YOGA 1 in Main Room! UNITED BLOOD SERVICES BLOOD DRIVE 2-6 pm	23 8:15 CYCLING—Jenn C 9:30 willPower & grace®—Lisa 10:45 POUND—Danyelle
24 CLUB HOURS 7am-4pm	25 HAPPY HOLIDAYS! CLUBS CLOSED	26 9:00 TRX—Robb (Fee) 10:15 RPM®—Rock 5:45 CYCLING—Robb	27 5:45am CYCLING—Danyelle 9:05 willPower & grace®—Liz 10:15 ATHLETIC FLOW YOGA—Anni 12:00 VO CYCLING—Melinda 4:30 Nia Holiday Gift—Stephanie	28 5:30am RISE & SHINE YOGA—Maggie 10:15 RPM®—Rock 12:00 ZUMBA—Sergio 4:30 Nia Holiday Gift—Stephanie	29 5:45am CYCLING—Danyelle 9:00 willPower & grace®—Liz 10:15 ATHLETIC FLOW YOGA—Anni 12:00 CYCLING—Robb 1:30 YOGA 1—Anni	30 8:15 CYCLING—Rochelle 9:30 willPower & grace®—Lisa 10:45 POUND—Stephanie
31 CLUB HOURS 7am-6pm	1 HAPPY NEW YEAR! CLUB HOURS 7am-6pm 11:00 Nia Holiday Gift—Stephanie					