

GROUP FITNESS, MAIN ROOM - EAST

JANUARY 2018

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
	1 HAPPY NEW YEAR! CLUB HOURS: 7am-6pm 11:00 M & S--Julie 12:00 YOGA 1--Ken	2 8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Ely 10:30 SilverSneakers® CLASSIC—Julie 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis	3 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 AQUA TABATA—Danyelle 10:00 AQUA for ARTHRITIS --Julie 10:00 BEG STEP 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)	4 8:00 FLEX-ABILITY + CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Ely 10:30 SilverSneakers® CLASSIC--Julie 5:00 GRIT™(S)—Rachel 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis	5 5:15am GRIT™(S)—Kristi 6:00am IGNITE®--Lisa 8:00 YOGABASICS 45--Carol 9:00 H2O CARDIO—Danyelle 9:00 BODYPUMP®—Bianca 10:00 AQUA for ARTHRITIS--Julie 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael	6 8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Sergio 10:45 ALL LEVELS YOGA--Michael
7 3:00 BODYPUMP®—Marney 4:15 SUNDAY ZUMBA PARTY! --Sergio	8 5:15am GRIT™(P)—Kristi 6:00 BODYPUMP® 45—Angie R 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA for ARTHRITIS--Julie 10:00 BEG STEP 45—Laurie 11:00 M & S--Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®--Bianca 5:45 GYMNASTICBODIES (Fee)	9 8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Ely 10:30 SilverSneakers® CLASSIC—Julie 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis	10 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 AQUA TABATA—Danyelle 10:00 AQUA for ARTHRITIS --Julie 10:00 BEG STEP 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)	11 8:00 FLEX-ABILITY + CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Ely 10:30 SilverSneakers® CLASSIC--Julie 5:00 GRIT™(S)—Rachel 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis	12 5:15am GRIT™(S)—Kristi 6:00am IGNITE®--Lisa 8:00 YOGABASICS 45--Carol 9:00 H2O CARDIO—Danyelle 9:00 BODYPUMP®—Angie R 10:00 AQUA for ARTHRITIS--Julie 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael	13 8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Suzie 10:45 ALL LEVELS YOGA--Michael
14 3:00 BODYPUMP®—Marney 4:15 SUNDAY ZUMBA PARTY! --Luis	15 5:15am GRIT™(P)—Kristi 6:00 BODYPUMP® 45—Angie R 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA for ARTHRITIS--Julie 10:00 BEG STEP 45—Laurie 11:00 M & S--Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®--Bianca 5:45 GYMNASTICBODIES (Fee)	16 8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Ely 10:30 SilverSneakers® CLASSIC--Julie 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis	17 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 AQUA TABATA—Danyelle 10:00 AQUA for ARTHRITIS --Julie 10:00 BEG STEP 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)	18 8:00 FLEX-ABILITY + CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Ely 10:30 SilverSneakers® CLASSIC—Julie 5:00 GRIT™(S)—Rachel 5:40 ALL LEVELS YOGA--Keelyn 7:00 ZUMBA—Luis	19 5:15am GRIT™(S)—Kristi 6:00am IGNITE®--Lisa 8:00 YOGABASICS 45--Carol 9:00 H2O CARDIO—Danyelle 9:00 BODYPUMP®—Angie R 10:00 AQUA for ARTHRITIS--Julie 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael	20 8:15 PILATESBASICS--Flower 9:30 ZUMBA PARTY!--Luis 10:45 ALL LEVELS YOGA--Michael
21 3:00 BODYPUMP®—Thea 4:15 SUNDAY ZUMBA PARTY! --Sergio	22 5:15am GRIT™(P)—Kristi 6:00 BODYPUMP® 45—Angie R 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA for ARTHRITIS--Julie 10:00 BEG STEP 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Janelle 5:45 GYMNASTICBODIES (Fee)	23 8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Ely 10:30 SilverSneakers® CLASSIC—Julie 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis	24 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 AQUA TABATA—Danyelle 10:00 AQUA for ARTHRITIS --Julie 10:00 BEG STEP 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)	25 8:00 FLEX-ABILITY + CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Ely 10:30 SilverSneakers® CLASSIC--Julie 5:00 GRIT™(S)—Rachel 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis	26 5:15am GRIT™(S)—Kristi 6:00am IGNITE®--Lisa 8:00 YOGABASICS 45--Carol 9:00 H2O CARDIO—Danyelle 9:00 BODYPUMP®—Angie R 10:00 AQUA for ARTHRITIS--Julie 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael	27 8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Carol 10:45 ALL LEVELS YOGA--Michael
28 3:00 BODYPUMP®--Molly 4:15 SUNDAY ZUMBA PARTY! --Luis	29 5:15am GRIT™(P)—Kristi 6:00 BODYPUMP® 45—Angie R 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA for ARTHRITIS--Julie 10:00 BEG STEP 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Bianca 5:45 GYMNASTICBODIES (Fee)	30 8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Ely 10:30 SilverSneakers® CLASSIC—Julie 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis	31 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 AQUA TABATA—Danyelle 10:00 AQUA for ARTHRITIS --Julie 10:00 BEG STEP 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)	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 class. All schedules are available online at flagstaffathleticclub.com .		