

# GROUP FITNESS, MAIN ROOM - EAST

## MARCH 2018

## Flagstaff Athletic Club

Su-day

Mo-day

Tuesday

Wed-nesday

Thursday

Friday

Saturday

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](http://flagstaffathleticclub.com).

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
				1	2	3
				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	5:15am GRIT™(S)—Kristi 8:00 SUPER STRETCH 45--Flower 9:00 H2O CARDIO—Danyelle 9:00 BODYPUMP®—Angie 10:00 AQUA for ARTHRITIS--Julie 10:15 BEG STEP 30--Laurie 11:05 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael 5:15 HAPPY HOUR +PILATES--Rochelle	8:15 PILATESBASICS--Flower 9:30 ZUMBA PARTY!--Luis 10:45 ALL LEVELS YOGA--Michael
4	5	6	7	8	9	10
3:00 BODYPUMP®—Marney 4:15 SUNDAY ZUMBA PARTY! --Sergio	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 11:05 M & S--Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP--Bianca 5:45 GYMNASTICBODIES (Fee)	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	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 11:05 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)	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	5:15am GRIT™(S)—Kristi 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 11:05 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael 5:15 HAPPY HOUR +PILATES--Rochelle	8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Suzie 10:45 ALL LEVELS YOGA--Michael
11	12	13	14	15	16	17
3:00 BODYPUMP®—Marney 4:15 SUNDAY ZUMBA PARTY! --Luis	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 11:05 M & S--Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP--Bianca 5:45 GYMNASTICBODIES (Fee)	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	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 11:05 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)	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	5:15am GRIT™(S)—Kristi 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 11:05 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael 5:15 HAPPY HOUR +PILATES--Rochelle	SPRING BREAK MODIFIED SCHEDULE March 17-25 8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Carol 10:45 ALL LEVELS YOGA--Michael
18	19	20	21	22	23	24
4:15 SUNDAY ZUMBA PARTY! --Sergio	8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA for ARTHRITIS--Julie 10:00 BEG STEP 45—Laurie 11:05 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Bianca	8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 10:30 SilverSneakers® CLASSIC—Julie 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis	8:30 STEP—Laurie 9:00 AQUA TABATA—Danyelle 10:00 AQUA for ARTHRITIS --Julie 10:00 BEG STEP 45—Laurie 11:05 M & S—Julie 12:00 YOGA 1--Ken 5:45 GYMNASTICBODIES (Fee)	8:00 FLEX-ABILITY + CORE—Julie 9:00 AQUA TABATA--Danyelle 10:30 SilverSneakers® CLASSIC--Julie 5:00 GRIT™(S)—Rachel 7:00 ZUMBA—Luis	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 11:05 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael	8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Sergio 10:45 ALL LEVELS YOGA--Michael
25	26	27	28	29	30	31
3:00 BODYPUMP®--Marney 4:15 SUNDAY ZUMBA PARTY! --Luis	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 11:05 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Marney 5:45 GYMNASTICBODIES (Fee)	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	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 11:05 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)	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	5:15am GRIT™(S)—Kristi 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 11:05 MOVEMENT & STRENGTH --Julie 12:00 YOGA 1--Michael 5:15 HAPPY HOUR+PILATES--Rochelle	8:15 YOGABASICS--Carol 9:30 -10:45 CARDIO DANCE JAM! --Laurie & Carol 11:00 ALL LEVELS YOGA--Michael