

APRIL 2017

GROUP FITNESS, MAIN ROOM - EAST

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
 SS® (SilverSneakers)

Group Fitness schedule also available online at flagstaffathleticclub.com

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
						1 8:15 YOGABASICS--Victoria 9:30 ZUMBA PARTY!--Sergio 10:45 ALL LEVELS YOGA--Anni
2 LES MILLS LAUNCH 3:00 BODYPUMP® —Bianca, Molly	3 5:15am GRIT™(P)—Kristi 6:00 BODYPUMP®—Angie R/Kristi 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA X —Danyelle 10:00 BEG STEP—Laurie 11:00 MOVEMENT & STRENGTH --Julie 12:30 GRIT™(P)—Dawn 4:30 BODYPUMP®—Bianca 5:45 GYMNASTICBODIES (Fee)	4 5:15am BUTTS & GUTS--Terri 6:00 POUND—Danyelle 8:00 FLEX-ABILITY+ CORE—Julie 9:15 BODYPUMP®—Dawn 10:30 SS® CLASSIC—Julie 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis	5 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA for ARTHRITIS—Barb 10:00 BEG STEP—Laurie 11:00 MOVEMENT & STRENGTH —Julie 12:30 GRIT™(S)—Dawn 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)	6 5:15am BUTTS & GUTS--Terri 8:00 FLEX-ABILITY + CORE—Julie 9:15 BODYPUMP®—Dawn 10:30 SS® CLASSIC—Julie 5:00 GRIT™(S)—Rachel 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis	7 5:15am GRIT™(S)—Kristi 9:00 GRIT™(C)—Dawn 9:00 H2O CARDIO—Danyelle 9:45 BODYPUMP®—Angie R 10:00 AQUA for ARTHRITIS—Barb 11:00 STRENGTH 45--Julie 12:00 YOGA 1--Michael 5:15 GROUP FITNESS HAPPY HOUR —Rochelle	8 8:15 YOGABASICS--Victoria 9:30 ZUMBA PARTY!--Suzie 10:45 ALL LEVELS YOGA--Michael
9 3:00 BODYPUMP®—Bianca	10 5:15am GRIT™(P)—Kristi 6:00 BODYPUMP®—Kristi 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA X —Danyelle 10:00 BEG STEP—Laurie 11:00 MOVEMENT & STRENGTH —Julie 12:30 GRIT™(P)—Dawn 4:30 BODYPUMP®—Bianca 5:45 GYMNASTICBODIES (Fee)	11 5:15am BUTTS & GUTS--Terri 6:00 POUND—Danyelle 8:00 FLEX-ABILITY+ CORE—Julie 9:15 BODYPUMP®—Dawn 10:30 SS® CLASSIC—Julie 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis	12 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA for ARTHRITIS—Barb 10:00 BEG STEP—Laurie 11:00 MOVEMENT & STRENGTH —Julie 12:30 GRIT™(S)—Dawn 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)	13 8:00 FLEX-ABILITY + CORE—Julie 9:15 BODYPUMP®—Dawn 10:30 SS® CLASSIC—Julie 5:00 GRIT™(S)—Rachel 5:40 ALL LEVELS YOGA--Keelyn 7:00 ZUMBA—Luis	14 5:15am GRIT™(S)—Kristi 9:00 GRIT™(C)—Dawn 9:00 H2O CARDIO—Danyelle 9:45 BODYPUMP®—Angie R 10:00 AQUA for ARTHRITIS—Barb 11:00 STRENGTH 45--Julie 12:00 YOGA 1--Michael 5:15 GROUP FITNESS HAPPY HOUR —Rochelle	15 8:15 YOGABASICS—Carol 9:30 ZUMBA PARTY!--Luis 10:45 ALL LEVELS YOGA--Michael
16 HAPPY EASTER! Hours: Noon-8pm 3:00 BODYPUMP®—Marney	17 5:15am GRIT™(P)—Marney 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA X —Danyelle 10:00 BEG STEP—Laurie 11:00 MOVEMENT & STRENGTH —Julie 12:30 GRIT™(P)—Dawn 4:30 BODYPUMP®—Bianca 5:45 GYMNASTICBODIES (Fee)	18 6:00 POUND—Danyelle 8:00 FLEX-ABILITY+ CORE—Julie 9:15 BODYPUMP®—Dawn 10:30 SS® CLASSIC—Julie 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis	19 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA for ARTHRITIS--Barb 10:00 BEG STEP—Laurie 11:00 MOVEMENT & STRENGTH —Julie 12:30 GRIT™(S)—Dawn 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)	20 8:00 FLEX-ABILITY + CORE—Julie 9:15 BODYPUMP®—Dawn 10:30 SS® CLASSIC—Julie 5:00 GRIT™(S)—Rachel 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis	21 5:15am GRIT™(S)—Kristi 9:00 GRIT™(C)—Dawn 9:00 H2O CARDIO—Danyelle 9:45 BODYPUMP®—Angie R 10:00 AQUA for ARTHRITIS—Barb 11:00 STRENGTH 45--Julie 12:00 YOGA 1--Michael 5:15 GROUP FITNESS HAPPY HOUR —Rochelle	22 8:15 YOGABASICS—Carol 9:30 ZUMBA PARTY!--Suzie 10:45 ALL LEVELS YOGA—Michael
23 3:00 BODYPUMP®—Molly	24 5:15am GRIT™(P)—Kristi 6:00 BODYPUMP®—Marney 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA X —Danyelle 10:00 BEG STEP—Laurie 11:00 MOVEMENT & STRENGTH —Julie 12:30 GRIT™(P)—Dawn 4:30 BODYPUMP®—Bianca 5:45 GYMNASTICBODIES (Fee)	25 6:00 POUND—Danyelle 8:00 FLEX-ABILITY+ CORE—Julie 9:15 BODYPUMP®—Dawn 10:30 SS® CLASSIC—Julie 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis	26 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA for ARTHRITIS—Barb 10:00 BEG STEP—Laurie 11:00 MOVEMENT & STRENGTH —Julie 12:30 GRIT™(S)—Dawn 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)	27 8:00 FLEX-ABILITY + CORE—Julie 9:15 BODYPUMP®—Dawn 10:30 SS® CLASSIC—Julie 5:00 GRIT™(S)—Rachel 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis	28 5:15am--GRIT™(S)—Kristi 9:00 GRIT™(C)—Dawn 9:00 H2O CARDIO—Danyelle 9:45 BODYPUMP®—Angie R 10:00 AQUA for ARTHRITIS—Barb 11:00 STRENGTH 45--Julie 12:00 YOGA 1--Michael 5:15 GROUP FITNESS HAPPY HOUR —Rochelle	29 8:15 PILATESBASICS—Flower 9:30 ZUMBA STEP—Carol 10:00 ZUMBA PARTY!--Carol 10:45 ZUMBA KIDS—Carol
30 3:00 BODYPUMP®—Angie R						