

GROUP FITNESS, MAIN ROOM - EAST

APRIL 2018

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-esday	Thursday	Friday	Saturday	
1 EASTER HOURS: Noon-8 pm 3:00 BODYPUMP®—Marney 4:15 SUNDAY ZUMBA PARTY! --Sergio	2 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)	3 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	4 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)	5 8:00 FLEX-ABILITY + CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Dawn 10:30 SilverSneakers® CLASSIC-Julie 5:00 GRIT™(S)—Rachel 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis	6 5:15am GRIT™(S)—Kristi 8:00 YOGABASICS 45--Carol 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	7 8:15 PILATESBASICS--Flower 9:30 ZUMBA PARTY!--Luis 10:45 ALL LEVELS YOGA--Michael	
8 3:00 BODYPUMP®Launch —Angie R, Kristi 4:15 SUNDAY ZUMBA PARTY! --Sergio	9 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)	10 8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Ely 10:30 SilverSneakers® CLASSIC—Julie 4:30-5:30 GRIT™(C & S)Launch —Rachel,Molly,Taylor,Kristi 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis	11 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Molly 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	12 8:00 FLEX-ABILITY + CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Dawn 10:30 SilverSneakers® CLASSIC --Julie 5:00 GRIT™(S) --Rachel 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis	13 5:15am GRIT™(S)—Kristi 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 11:05 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Carol 5:15 HAPPY HOUR +PILATES--Rochelle	14 8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Sergio 10:45 ALL LEVELS YOGA--Anni	
15 3:00 BODYPUMP®—Molly 4:15 SUNDAY ZUMBA PARTY! --Luis	16 5:15am GRIT™(P)—Kristi 6:00 BODYPUMP® --Kristi 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	17 8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Dawn 10:30 SilverSneakers® CLASSIC--Julie 12:15 YOGA 1--Michael 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis	18 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Marney 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)	19 8:00 FLEX-ABILITY + CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Ely 10:30 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(S)—Rachel 5:40 ALL LEVELS YOGA--Keelyn 7:00 ZUMBA—Luis	20 5:15am GRIT™(S)—Kristi 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 11:05 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael 5:15 HAPPY HOUR +PILATES--Rochelle	21 8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Carol 10:45 ALL LEVELS YOGA--Michael	
22 3:00 BODYPUMP®—Marney 4:15 SUNDAY ZUMBA PARTY! --Luis	23 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)	24 8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Dawn 10:30 SilverSneakers® CLASSIC--Julie 12:15 YOGA 1--Michael 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis	25 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)	26 8:00 FLEX-ABILITY + CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Ely 10:30 SilverSneakers® CLASSIC-Julie 12:15 YOGA 1--Michael 5:00 GRIT™(S)—Rachel 5:40 ALL LEVELS YOGA--Keelyn 7:00 ZUMBA—Luis	27 5:15am GRIT™(S)—Taylor 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	28 8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Sergio	
29 4:15 SUNDAY ZUMBA PARTY! --Luis	30 5:15am GRIT™(P)—Taylor 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)	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 .					