

# GROUP FITNESS, MAIN ROOM - EAST

## APRIL 2018

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday	
<b>1</b> <b>EASTER HOURS:</b> Noon-8 pm 3:00 BODYPUMP®—Marney 4:15 SUNDAY ZUMBA PARTY! --Sergio	<b>2</b> 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)	<b>3</b> 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	<b>4</b> 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)	<b>5</b> 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	<b>6</b> 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	<b>7</b> 8:15 PILATESBASICS--Flower 9:30 ZUMBA PARTY!--Luis 10:45 ALL LEVELS YOGA--Michael	
<b>8</b> 3:00 BODYPUMP®Launch —Angie R, Kristi 4:15 SUNDAY ZUMBA PARTY! --Sergio	<b>9</b> 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)	<b>10</b> 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	<b>11</b> 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	<b>12</b> 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	<b>13</b> 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	<b>14</b> 8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Sergio 10:45 ALL LEVELS YOGA--Anni	
<b>15</b> 3:00 BODYPUMP®—Molly 4:15 SUNDAY ZUMBA PARTY! --Luis	<b>16</b> 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	<b>17</b> 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	<b>18</b> 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)	<b>19</b> 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	<b>20</b> 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	<b>21</b> 8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Carol 10:45 ALL LEVELS YOGA--Michael	
<b>22</b> 3:00 BODYPUMP®—Marney 4:15 SUNDAY ZUMBA PARTY! --Luis	<b>23</b> 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)	<b>24</b> 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	<b>25</b> 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)	<b>26</b> 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	<b>27</b> 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	<b>28</b> ZUMBA BASIC 1 Training In Spanish 8:30am - 5:30 pm Register at Zumba.com	
<b>29</b> ZUMBA KIDS Training In Spanish 8:30am - 5:30 pm Register at Zumba.com	<b>30</b> 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 <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a> .					