

# GROUP FITNESS, MAIN ROOM - EAST

## MAY 2018

## Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
		<b>1</b> 7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:00 BODYPUMP®—Ely 10:15 SilverSneakers® CLASSIC—Julie 11:25 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis	<b>2</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>3</b> 7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:00 BODYPUMP®—Dawn 10:15 SilverSneakers® CLASSIC—Julie 11:25 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis	<b>4</b> 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	<b>5</b> 8:15 YOGABASICS--Carol 9:30 ZUMBA FIESTA! --Carol/Suzie 10:45 ALL LEVELS YOGA--Michael
<b>6</b> 3:00 BODYPUMP®--Marney 4:15 SUNDAY ZUMBA PARTY! --Luis	<b>7</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	<b>8</b> 7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:00 BODYPUMP®—Ely 10:15 SilverSneakers® CLASSIC—Julie 11:25 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis	<b>9</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>10</b> 7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:00 BODYPUMP®—Dawn 10:15 SilverSneakers® CLASSIC—Julie 11:25 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis	<b>11</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>12</b> 8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Carol 10:45 ALL LEVELS YOGA--Michael
<b>13</b> 3:00 BODYPUMP®—Marney 4:15 SUNDAY ZUMBA PARTY! --Sergio	<b>14</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>15</b> 7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:00 BODYPUMP®—Ely 10:15 SilverSneakers® CLASSIC—Julie 11:25 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis	<b>16</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>17</b> 7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:00 BODYPUMP®—Dawn 10:15 SilverSneakers® CLASSIC—Julie 11:25 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis	<b>18</b> 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	<b>19</b> 8:15 PILATESBASICS--Flower 9:30 ZUMBA PARTY!--Luis 10:45 ALL LEVELS YOGA--Michael
<b>20</b> 3:00 BODYPUMP®—Marney 4:15 SUNDAY ZUMBA PARTY! --Luis	<b>21</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®--Molly 5:45 GYMNASTICBODIES (Fee)	<b>22</b> 7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:00 BODYPUMP®—Ely 10:15 SilverSneakers® CLASSIC—Julie 11:25 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis	<b>23</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>24</b> 7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:00 BODYPUMP®—Dawn 10:15 SilverSneakers® CLASSIC—Julie 11:25 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis	<b>25</b> 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--Carol 5:15 HAPPY HOUR +PILATES--Rochelle	<b>26</b> 8-9:30 BEACHSIDE POUND/BARRE --Danyelle/Angie A (Outside Pool Deck) 8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Sergio 10:45 ALL LEVELS YOGA--Carol
<b>27</b> 3:00 BODYPUMP®—Molly 4:15 SUNDAY ZUMBA PARTY! --Sergio	<b>28</b> MEMORIAL DAY HOURS:7am-6pm 8:15 YOGABASICS--Carol 9:00 AQUA BLAST POOL PARTY! (Outdoor Pool) —Danyelle 9:30 ZUMBA PARTY!--Carol 10:00 AQUA for ARTHRITIS--Julie 11:05 M & S—Julie	<b>29</b> 7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle (Outdoor Pool) 9:00 BODYPUMP®—Ely 10:15 SilverSneakers® CLASSIC—Julie 11:25 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis	<b>30</b> 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 AQUA TABATA—Danyelle (Outdoor Pool) 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>31</b> 7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle (Outdoor Pool) 9:00 BODYPUMP®—Dawn 10:15 SilverSneakers® CLASSIC—Julie 11:25 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis	<p>All group fitness classes are free to members unless (fee) is written on the schedule.</p> <p>Please call 779-5141 to register and pay for fee class.</p> <p>All schedules are available online at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>.</p>	