

GROUP FITNESS, MAIN ROOM - EAST

JUNE 2018

Flagstaff Athletic Club

Su-day

Mo-day

Tuesday

Wed-esday

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.

Su-day	Mo-day	Tuesday	Wed-esday	Thursday	Friday	Saturday
					<p>1</p> <p>5:15am GRIT™(S)—Kristi 8:00 YOGABASICS 45--Carol 9:00 H2O CARDIO—Danyelle (Outdoor Pool) 9:00 BODYPUMP®—Angie R 9:45 AQUA for ARTHRITIS--Julie 10:15 BEG STEP 30--Laurie 11:05 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael</p>	<p>2</p> <p>8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Carol 10:45 ZUMBA KIDS--Carol</p>
<p>3</p> <p>2:00 BARRE ABOVE--Tera 4:15 SUNDAY ZUMBA PARTY! --Luis</p>	<p>4</p> <p>5:15am GRIT™(P)—Kristi 6:00 BODYPUMP® 45—Marney 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle (Outdoor Pool) 9:45 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)</p>	<p>5</p> <p>7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle (Outdoor Pool) 9:00 BODYPUMP®—Ely 10:15 SilverSneakers® CLASSIC—Julie 11:20 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(C)—Taylor 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis</p>	<p>6</p> <p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Marney 8:30 STEP—Laurie 9:00 AQUA TABATA—Danyelle (Outdoor Pool) 9:45 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)</p>	<p>7</p> <p>7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle (Outdoor Pool) 9:00 BODYPUMP®—Dawn 10:15 SilverSneakers® CLASSIC—Julie 11:20 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(S)—Kristi 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis</p>	<p>8</p> <p>5:15am GRIT™(S)—Kristi 8:00 YOGABASICS 45--Anni 9:00 H2O CARDIO—Danyelle (Outdoor Pool) 9:00 BODYPUMP®—Ely 9:45 AQUA for ARTHRITIS--Julie 10:15 BEG STEP 30--Laurie 11:05 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael</p>	<p>9</p> <p>8:15 YOGABASICS--Stephanie 9-1pm GREAT CYCLE CHALLENGE-- Kelly, Rock, Jenn C, Tabitha, Robb, Ely, Melinda, Danyelle (in the gym) 9:30 ZUMBA PARTY!--Suzie 10:45 ALL LEVELS YOGA--Michael</p>
<p>10</p> <p>2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Sergio</p>	<p>11</p> <p>5:15am GRIT™(P)—Molly 6:00 BODYPUMP® 45—Molly 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle (Outdoor Pool) 9:45 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)</p>	<p>12</p> <p>7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle (Outdoor Pool) 9:00 BODYPUMP®—Ely 10:15 SilverSneakers® CLASSIC—Julie 11:20 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis</p>	<p>13</p> <p>5:15am GRIT™(C)—Molly 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 AQUA TABATA--Danyelle (Outdoor Pool) 9:45 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)</p>	<p>14</p> <p>7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle (Outdoor Pool) 9:00 BODYPUMP®—Dawn 10:15 SilverSneakers® CLASSIC—Julie 11:20 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(S)—Rachel 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis</p>	<p>15</p> <p>5:15am HIIT--Kelly 8:00 YOGABASICS 45--Ste-phanie 9:00 H2O CARDIO—Danyelle (Outdoor Pool) 9:00 BODYPUMP®—Angie R 9:45 AQUA for ARTHRITIS--Julie 10:15 BEG STEP 30--Laurie 11:05 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael</p>	<p>16</p> <p>8:15 PILATESBASICS--Flower 9:30 ZUMBA PARTY!--Luis 10:45 ALL LEVELS YOGA--Michael</p>
<p>17</p> <p>2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Luis</p>	<p>18</p> <p>5:15am GRIT™(P)—Kristi 6:00 BODYPUMP® 45—Angie R 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle (Outdoor Pool) 9:45 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)</p>	<p>19</p> <p>7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle (Outdoor Pool) 9:00 BODYPUMP®—Ely 10:15 SilverSneakers® CLASSIC—Julie 11:20 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(C)—Kristi 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis</p>	<p>20</p> <p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 AQUA TABATA—Danyelle (Outdoor Pool) 9:45 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)</p>	<p>21</p> <p>7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle (Outdoor Pool) 9:00 BODYPUMP®—Dawn 10:15 SilverSneakers® CLASSIC—Julie 11:20 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(S)—Rachel 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis</p>	<p>22</p> <p>5:15am GRIT™(S)—Kristi 8:00 YOGABASICS 45--Carol 9:00 H2O CARDIO—Danyelle (Outdoor Pool) 9:00 BODYPUMP®—Angie R 9:45 AQUA for ARTHRITIS--Julie 10:15 BEG STEP 30--Laurie 11:05 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael</p>	<p>23</p> <p>8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Sergio 10:45 ALL LEVELS YOGA--Michael</p>
<p>24</p> <p>2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Sergio</p>	<p>25</p> <p>5:15am GRIT™(P)—Kristi 6:00 BODYPUMP® 45—Angie R 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle (Outdoor Pool) 9:45 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)</p>	<p>26</p> <p>7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle (Outdoor Pool) 9:00 BODYPUMP®—Ely 10:15 SilverSneakers® CLASSIC—Julie 11:20 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis</p>	<p>27</p> <p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 AQUA TABATA—Danyelle (Outdoor Pool) 9:45 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)</p>	<p>28</p> <p>7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle (Outdoor Pool) 9:00 BODYPUMP®—Dawn 10:15 SilverSneakers® CLASSIC—Julie 11:20 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™(S)—Rachel 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis</p>	<p>29</p> <p>5:15am GRIT™(S)—Kristi 8:00 YOGABASICS 45--Carol 9:00 H2O CARDIO—Danyelle (Outdoor Pool) 9:00 BODYPUMP®—Thea 9:45 AQUA for ARTHRITIS--Julie 10:15 BEG STEP 30--Laurie 11:05 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael</p>	<p>30</p> <p>8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Carol/Suzie 10:45 BEGINNING ZUMBA --Carol</p>