

GROUP FITNESS, MAIN ROOM - EAST

JULY 2018

Flagstaff Athletic Club

| Su-day | Mo-day | Tuesday | Wed-nesday | Thursday | Friday | Saturday |
|--|---|---|---|--|--|---|
| 1 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Luis | 2 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 GYMNASSTICBODIES (Fee) | 3 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 | 4 HAPPY 4th! Club Hours: 7 am - 6 pm 9:00 AQUA TABATA—Danyelle (Outdoor Pool) 9:45 AQUA for ARTHRITIS--Julie 11:05 M & S—Julie 12:00 YOGA 1--Ken | 5 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 | 6 5:15am GRIT™(S)—Taylor 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 | 7 8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Carol |
| 8 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Luis | 9 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 | 10 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 | 11 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 GYMNASSTICBODIES (Fee) | 12 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 | 13 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 | 14 8:15 YOGABASICS--Carol 8:30-10 Pound/Barre Poolside --Danyelle/Angie A 9:30 ZUMBA PARTY!--Suzie |
| 15 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Luis | 16 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--Michael 4:30 BODYPUMP®--Janelle 5:45 GYMNASSTICBODIES (Fee) | 17 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 | 18 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--Michael 4:30 BODYPUMP®--Kristi 5:45 GYMNASSTICBODIES (Fee) | 19 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 | 20 5:15am GRIT™(S)—Kristi 8:00 PILATESBASIC 45--Flower 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 | 21 8:15 PILATESBASICS--Flower 9:30 ZUMBA PARTY!--Luis |
| 22 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Sergio | 23 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--Michael 4:30 BODYPUMP®--Bianca 5:45 GYMNASSTICBODIES (Fee) | 24 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™(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 (Outdoor Pool) 9:45 AQUA for ARTHRITIS--Julie 10:00 BEG STEP 45—Laurie 11:05 M & S—Julie 12:00 YOGA 1--Michael 4:30 BODYPUMP®--Kristi 5:45 GYMNASSTICBODIES (Fee) | 26 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 | 27 5:15am GRIT™(S)—Kristi 8:00 YOGABASICS 45--Stephanie 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 | 28 8:15 YOGABASICS--Stephanie 9:30 ZUMBA PARTY!--Sergio |
| 29 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Sergio | 30 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 GYMNASSTICBODIES (Fee) | 31 7:45 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle (Outdoor Pool) 9:00 BODYPUMP®—Marney 10:15 SilverSneakers® CLASSIC—Julie 11:20 SilverSneakers® CLASSIC—Julie 12:15 YOGA 1--Michael 5:00 GRIT™ LAUNCH —Rachel/Kristi 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis | 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 . | | | |