

GROUP FITNESS, MAIN ROOM - EAST

SEPTEMBER 2017

Flagstaff Athletic Club

Su-day

Mo-day

Tuesday

Wed-esday

Thursday

Friday

Saturday

All schedules are available online at flagstaffathleticclub.com.

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.

3	4	5	6	7	8	9
<p>3:00 BODYPUMP®—Marney 4:15 ZUMMER ZUMBA ZUNDAY --Sergio</p>	<p>LABOR DAY HOURS 7 am-8 pm</p> <p>9:00 H2O CARDIO—Danyelle 11:00 M & S—Julie 12:00 YOGA 1--Ken 5:45 GYMNASTICBODIES (Fee)</p>	<p>8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Dawn 10:30 SilverSneakers® CLASSIC—Julie 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis</p>	<p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 8:30 STEP—Angie R 9:00 AQUA TABATA—Danyelle 10:00 BEG STEP—Angie R 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)</p>	<p>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</p>	<p>5:15am HIIT--Tera 9:00 H2O CARDIO—Danyelle 9:15 BODYPUMP®—Angie R 10:30 MOVEMENT & STRENGTH --Julie 12:00 YOGA 1--Michael</p>	<p>8:15 YOGABASICS--Stephanie 9:30 ZUMBA PARTY!--Sergio 10:45 ALL LEVELS YOGA--Keelyn</p>
10	11	12	13	14	15	16
<p>3:00 BODYPUMP®—Janelle 4:15 ZUMMER ZUMBA ZUNDAY --Sergio</p>	<p>5:15am GRIT™(P)—Molly 6:00 BODYPUMP®—Molly 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA for ARTHRITIS--Barb 10:00 BEG STEP—Laurie 11:00 M & S--Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®--Bianca 5:45 GYMNASTICBODIES (Fee)</p>	<p>8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Dawn 10:30 SilverSneakers® CLASSIC—Julie 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis</p>	<p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 AQUA TABATA—Danyelle 10:00 AQUA for ARTHRITIS —Danyelle 10:00 BEG STEP—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)</p>	<p>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</p>	<p>5:15am GRIT™(S)—Kristi 9:00 H2O CARDIO—Danyelle 9:15 BODYPUMP®—Angie R 10:00 AQUA for ARTHRITIS —Danyelle 10:30 MOVEMENT & STRENGTH --Julie 12:00 YOGA 1-Michael</p>	<p>8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Carol 10:45 ALL LEVELS YOGA--Michael</p>
17	18	19	20	21	22	23
<p>3:00 BODYPUMP®—Marney 4:15 ZUMMER ZUMBA ZUNDAY --Luis</p>	<p>5:15am GRIT™(P)—Kristi 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA for ARTHRITIS --Danyelle 10:00 BEG STEP—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Bianca 5:45 GYMNASTICBODIES (Fee)</p>	<p>8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Dawn 10:30 SilverSneakers® CLASSIC—Julie 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis</p>	<p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 AQUA TABATA—Danyelle 10:00 AQUA for ARTHRITIS--Barb 10:00 BEG STEP—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)</p>	<p>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</p>	<p>5:15am GRIT™(S)—Kristi 9:00 H2O CARDIO—Danyelle 9:15 BODYPUMP®—Angie R 10:00 AQUA for ARTHRITIS—Barb 10:30 MOVEMENT & STRENGTH --Julie 12:00 YOGA 1-Michael</p>	<p>8:15 PILATESBASICS--Flower 9:30 ZUMBA PARTY!--Suzie 10:45 ALL LEVELS YOGA--Michael</p>
24	25	26	27	28	29	30
<p>3:00 BODYPUMP®—Marney 4:15 ZUMMER ZUMBA ZUNDAY --Luis</p>	<p>5:15am GRIT™(P)—Kristi 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA for ARTHRITIS--Barb 10:00 BEG STEP—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Bianca 5:45 GYMNASTICBODIES (Fee)</p>	<p>8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Dawn 10:30 SilverSneakers® CLASSIC—Julie 5:00 GRIT™(C)—Rachel 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis</p>	<p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 8:30 STEP—Laurie 9:00 AQUA TABATA—Danyelle 10:00 AQUA for ARTHRITIS—Barb 10:00 BEG STEP—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)</p>	<p>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</p>	<p>5:15am GRIT™(S)—Kristi 9:00 H2O CARDIO—Danyelle 9:15 BODYPUMP®—Angie R 10:00 AQUA for ARTHRITIS—Barb 10:30 MOVEMENT & STRENGTH --Julie 12:00 YOGA 1-Michael</p>	<p>8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Luis 10:45 ALL LEVELS YOGA--Michael</p>