

GROUP FITNESS, MAIN ROOM - EAST

OCTOBER 2017

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
<p>1</p> <p>3:00 BODYPUMP®—Marney 4:15 ZUMBA ZUNDAY --Luis</p>	<p>2</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 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP--Bianca 5:45 GYMNASTICBODIES (Fee)</p>	<p>3</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—Michael 7:00 ZUMBA—Luis</p>	<p>4</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 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)</p>	<p>5</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>6</p> <p>5:15am GRIT™(S)—Kristi 9:00 H2O CARDIO—Danyelle 10:00 AQUA for ARTHRITIS--Barb 9:00 BODYPUMP®—Angie R 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael</p>	<p>7</p> <p>8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Sergio 10:45 ALL LEVELS YOGA--Michael</p>
<p>8</p> <p>3:00 BODYPUMP®—Marney 4:15 ZUMBA ZUNDAY --Sergio</p>	<p>9</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 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP--Bianca 5:45 GYMNASTICBODIES (Fee)</p>	<p>10</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>11</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 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)</p>	<p>12</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—Michael 7:00 ZUMBA—Luis</p>	<p>13</p> <p>5:15am GRIT™(S)—Kristi 9:00 H2O CARDIO—Danyelle 10:00 AQUA for ARTHRITIS--Barb 9:00 BODYPUMP®—Angie R 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH --Julie 12:00 YOGA 1--Michael</p>	<p>14</p> <p>8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Luis</p>
<p>15</p> <p>4:15 -5:45 SPECIAL ZUMBA ZUNDAY --Luis, Sergio & Carol</p>	<p>16</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 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Michael 4:30 BODYPUMP--Bianca 5:45 GYMNASTICBODIES (Fee)</p>	<p>17</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)—Kristi 5:40 ALL LEVELS YOGA—Maggie 7:00 ZUMBA—Luis</p>	<p>18</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 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)</p>	<p>19</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)—Molly 5:40 ALL LEVELS YOGA--Keelyn 7:00 ZUMBA—Luis</p>	<p>20</p> <p>5:15am GRIT™(S)—Kristi 9:00 H2O CARDIO—Danyelle 10:00 AQUA for ARTHRITIS--Barb 9:00 BODYPUMP®—Angie R 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH --Julie 12:00 YOGA 1--Michael</p>	<p>21</p> <p>8:15 PILATESBASICS--Flower 9:30 ZUMBA PARTY!--Luis 10:45 ALL LEVELS YOGA--Michael</p>
<p>22</p> <p>3:00 BODYPUMP®—Thea 4:15 ZUMBA ZUNDAY --Luis</p>	<p>23</p> <p>5:15am GRIT™(P)—Kristi 6:00 BODYPUMP®—Kristi 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA for ARTHRITIS --Barb 10:00 BEG STEP 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Bianca</p>	<p>24</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>25</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 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Kristi</p>	<p>26</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>27</p> <p>5:15am GRIT™(S)—Kristi 9:00 H2O CARDIO—Danyelle 10:00 AQUA for ARTHRITIS--Barb 9:00 BODYPUMP®—Angie R 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH --Julie 12:00 YOGA 1--Michael</p>	<p>28</p> <p>8:15 YOGABASICS--Anni 9:30 ZUMBA PARTY!--Suzie 10:45 ALL LEVELS YOGA--Michael</p>
<p>29</p> <p>Les Mills Launch West 1-5! 4:15 ZUMBA ZUNDAY --Sergio</p>	<p>30</p> <p>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--Barb 10:00 BEG STEP 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Bianca 5:45 GYMNASTICBODIES (Fee)</p>	<p>31</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>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 flagstaffathleticclub.com.</p>			