

GROUP FITNESS, MAIN ROOM - EAST

NOVEMBER 2017

Flagstaff Athletic Club

Su-day

Mo-day

Tuesday

Wed-nesday

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-nesday	Thursday	Friday	Saturday
			1 See Cycling Schedule for classes moved upstairs! 9:00 AQUA TABATA—Danyelle 10:00 AQUA for ARTHRITIS--Barb	2 See Cycling Schedule for classes moved upstairs! 9:00 AQUA TABATA--Danyelle	3 5:15am GRIT™(S)—Kristi 8:00 YOGABASICS 45--Carol 9:00 H2O CARDIO—Danyelle 9:00 BODYPUMP®—Bianca 10:00 AQUA for ARTHRITIS--Barb 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael	4 8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Sergio 10:45 ALL LEVELS YOGA--Michael
5 3:00 BODYPUMP®—Bianca 4:15 SUNDAY ZUMBA PARTY! --Luis	6 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)	7 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	8 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)	9 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	10 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--Barb 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael	11 8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Luis 10:45 ALL LEVELS YOGA--Michael
12 3:00 BODYPUMP®—Molly 4:15 SUNDAY ZUMBA PARTY! --Sergio	13 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)	14 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	15 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)	16 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	17 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--Barb 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael	18 8:15 PILATESBASICS--Flower 9:30 ZUMBA PARTY!--Suzie 10:45 ALL LEVELS YOGA--Michael
19 3:00 BODYPUMP®—Marney 4:15 SUNDAY ZUMBA PARTY! --Luis	20 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--Keelyn 4:30 BODYPUMP®—Bianca 5:45 GYMNASTICBODIES (Fee)	21 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	22 Club Hours: 5 am-6 pm 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	23 HAPPY THANKSGIVING CLUBS CLOSED	24 Club Hours: 7 am - 6 pm 8:00 YOGABASICS 45--Carol 11:00 MOVEMENT & STRENGTH--Julie	25 8:15 YOGABASICS--Carol 9:30 -11:00 ZUMBA TURKEY BLAST! --Carol, Luis, Sergio
26 3:00 BODYPUMP®—Marney 4:15 SUNDAY ZUMBA PARTY! --Sergio	27 5:15am GRIT™(P)—Molly 6:00 BODYPUMP® 45--Molly 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)	28 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	29 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--Michael 4:30 BODYPUMP®—Kristi 5:45 GYMNASTICBODIES (Fee)	30 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		