

# GROUP FITNESS, MAIN ROOM - EAST

## DECEMBER 2017

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](http://flagstaffathleticclub.com).

Su-day	Mo-day	Tuesday	Wed-esday	Thursday	Friday	Saturday
					1 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--Danyelle 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael	2 8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Carol 10:45 ALL LEVELS YOGA--Michael
3 3:00 BODYPUMP®—Thea 4:15 SUNDAY ZUMBA PARTY! --Sergio	4 5:15am HIIT--Rochelle 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)	5 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	6 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)	7 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	8 5:15am GRIT™(S)—Kristi 8:00 YOGABASICS 45--Bianca 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	9 8:15 PILATESBASICS--Flower 9:30 ZUMBA PARTY!--Suzie 10:45 ALL LEVELS YOGA--Michael
10 3:00 BODYPUMP®—Marney 4:15 SUNDAY ZUMBA PARTY! --Luis	11 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 --Danyelle 10:00 BEG STEP 45—Laurie 11:00 M & S--Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP--Bianca 5:45 GYMNASTICBODIES (Fee)	12 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	13 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 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Kristi 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™(S)—Rachel 5:40 ALL LEVELS YOGA--Keelyn 7:00 ZUMBA—Luis	15 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--Danyelle 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael	16 8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Carol 10:45 ALL LEVELS YOGA--Michael
17 3:00 BODYPUMP®—Molly 4:15 SUNDAY ZUMBA PARTY! --Sergio	18 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--Danyelle 10:00 BEG STEP 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Bianca 5:45 GYMNASTICBODIES (Fee)	19 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	20 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 45—Laurie 11:00 M & S—Julie 12:00 YOGA 1--Ken 4:30 BODYPUMP®—Kristi 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™(S)—Rachel 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis	22 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--Danyelle 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael	23 8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Luis 10:45 ALL LEVELS YOGA--Michael
24 CLUB HOURS 7am-4pm  11:00 BODYPUMP®—Marney	25 HAPPY HOLIDAYS!  CLUBS CLOSED	26 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	27 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 45—Laurie 11:00 M & S—Julie 4:30 BODYPUMP®—Kristi 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™(S)—Rachel 5:40 ALL LEVELS YOGA—Keelyn 7:00 ZUMBA—Luis	29 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--Danyelle 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH--Julie 12:00 YOGA 1--Michael	30 8:15 YOGABASICS--Carol 9:30 ZUMBA PARTY!--Sergio 10:45 ALL LEVELS YOGA--Michael
31 CLUB HOURS 7am-6pm  3:00 BODYPUMP®—Marney 4:15 SUNDAY ZUMBA PARTY! --Luis	1 HAPPY NEW YEAR! CLUB HOURS 7am-6pm  12:00 YOGA 1--Ken					