

# GROUP FITNESS, MAIN ROOM - WEST

## FEBRUARY 2018

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-eday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	<b>3</b>
				5:45am GRIT™(P)—Rachel 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie K 12:15 YOGA 1—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®--Veronica	5:45am BODYPUMP®—Bianca 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Katie K 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 GRIT™(C)--Rachel 4:30 ZUMBA!--Sergio	8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP® —Janelle
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
3:00 YOGA 1—Ken 4:00 FLOW YOGA —Ken	5:45am BODYPUMP®—Angie R 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 STEP—Kelly 12:45 ON THE BALL—Kaye 1:30 YOGA 1—Ken 4:30 ZUMBA!--Carol 5:45 BODYPUMP®—Rock	5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING--Greta 5:30 PILATES—Heather	5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 STEP—Kelly 12:45 CORE—Heather 1:30 YOGA 1—Ken 4:30 ZUMBA!--Sergio 5:45 BODYCOMBAT®—Vicky/Janelle	5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie K 12:15 YOGA 1—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®--Janelle	5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Janelle 10:15 BODYPUMP®—Katie K 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 GRIT™(C)--Kristi 4:30 ZUMBA!--Sergio	8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP® —Janelle 10:45 THERAPEUTIC YOGA --Keelyn
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
3:00 YOGA 1—Ken 4:00 FLOW YOGA --Ken	5:45am BODYPUMP®—Angie R 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 STEP—Kelly 12:45 ON THE BALL—Kaye 1:30 YOGA 1—Ken 4:30 ZUMBA!--Carol 5:45 BODYPUMP®—Rock	5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING--Greta 5:30 PILATES—Heather	5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 STEP—Kelly 12:45 CORE—Heather 1:30 YOGA 1—Ken 4:30 ZUMBA!--Sergio 5:45 I LOVE BODYCOMBAT® —Vicky/Janelle	5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie K 12:15 YOGA 1—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®—Janelle	5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Vicky 10:15 BODYPUMP®—Katie K 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 GRIT™(C)--Kristi 4:30 ZUMBA!--Sergio	8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP® —Janelle
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
3:00 YOGA 1—Ken 4:00 FLOW YOGA --Ken	5:45am BODYPUMP®—Molly 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 STEP—Kelly 12:45 ON THE BALL—Kaye 1:30 YOGA 1—Ken 4:30 ZUMBA!--Carol 5:45 BODYPUMP®—Rock	5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING--Greta 5:30 PILATES—Heather	5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 STEP—Kelly 12:45 CORE—Heather 1:30 YOGA 1—Ken 4:30 ZUMBA!--Sergio 5:45 BODYCOMBAT®—Vicky/Janelle	5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Veronica 12:15 YOGA 1—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®--Veronica	5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Bianca 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 GRIT™(C)--Rachel 4:30 ZUMBA!--Sergio	HAPPY 39th ANNIVERSARY, FAC! Free Guest Day 9:00-10:30 GROUP FITNESS thru the DECADES --AngieR/Molly/Meghan/Laurie
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>Group Fitness schedule also available online at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>.</b>  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 classes.		
3:00 YOGA 1—Ken 4:00 FLOW YOGA --Ken	5:45am BODYPUMP®—Molly 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 STEP—Kelly 12:45 ON THE BALL—Kaye 1:30 YOGA 1—Ken 4:30 ZUMBA!--Carol 5:45 BODYPUMP®—Rock	5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING--Greta 5:30 PILATES—Heather	5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 STEP—Kelly 12:45 CORE—Heather 1:30 YOGA 1—Ken 4:30 ZUMBA!--Sergio 5:45 BODYCOMBAT®—Vicky/Janelle			