

GROUP FITNESS, MAIN ROOM - WEST

APRIL 2018

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
1 EASTER HOURS: Noon-8 pm 3:00 YOGA 1—Ken 4:00 FLOW YOGA —Ken	2 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	3 5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING--Greta 5:30 PILATES—Heather	4 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 5:45am GRIT™(P)—Rachel 9:00 BODYPUMP®—Ely 10:15 BODYCOMBAT®—Vicky 12:15 YOGA 1--Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®--Janelle	6 5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Janelle 10:15 BODYPUMP®—Bianca 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 GRIT™(C)--Rachel 4:30 ZUMBA!--Sergio	7 8:15 BODYCOMBAT® Launch —Janelle/Vicky 9:30 BODYPUMP® Launch —Janelle,Thea, Molly,Ely
8 3:00 YOGA 1—Ken 4:00 FLOW YOGA —Ken	9 5:45am BODYPUMP®—Molly 9:00 BARRE ABOVE--Angie A 10:15 BODYPUMP®—Janelle 12:00 STEP—Molly 12:45 ON THE BALL—Kaye 1:30 YOGA 1—Ken 4:30 ZUMBA!—Carol 5:45 BODYPUMP®—Marney	10 5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Thea 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING--Greta 5:30 PILATES—Heather	11 5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—Lisa 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	12 5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Rock 12:15 YOGA 1—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®--Janelle	13 5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Vicky 10:15 BODYPUMP®—Ely 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 GRIT™(C)--Rachel 4:30 ZUMBA!--Sergio	14 8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP® —Janelle
15 3:00 YOGA 1—Ken 4:00 FLOW YOGA --Ken	16 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	17 5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING--Greta 5:30 PILATES—Heather	18 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	19 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	20 5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Ely 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 GRIT™(C)--Rachel 4:30 ZUMBA!--Sergio	21 8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP® —Janelle
22 3:00 YOGA 1—Ken 4:00 FLOW YOGA --Ken	23 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	24 5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING--Greta 5:30 PILATES—Heather	25 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	26 5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 YOGA 1—Ken 4:30 PILATES--Heather 5:45 BODYPUMP®—Veronica	27 5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Ely or Katie? 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 GRIT™(C)--Rachel 4:30 ZUMBA!--Sergio	28 8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle
25 3:00 YOGA 1—Ken 4:00 FLOW YOGA --Ken	26 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	<p>Group Fitness schedule also available online at flagstaffathleticclub.com.</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 classes.</p>				