

MAY 2018

GROUP FITNESS, MAIN ROOM - WEST

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
		1 5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING--Greta 5:30 PILATES—Heather	2 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	3 5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 YOGA 1—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®--Veronica	4 5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Katie 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 GRIT™(C)--Rachel 4:30 ZUMBA!—Sergio	5 8:15 LATIN STEP --Angie R/Kelly/Molly 9:30 BODYPUMP® --Angie R, Molly, Ely in Spanish/English
6 3:00 YOGA 1—Ken 4:00 FLOW YOGA —Ken	7 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	8 5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING--Greta 5:30 PILATES—Heather	9 5:45am HARDCORPS—Kelly 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 7:00 BODYCOMBAT® TECHNIQUE —Vicky/Janelle	10 5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 YOGA 1—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®--Veronica	11 5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Katie 12:00 STEP—Laurie 12:45 CORE—Kaye 1:30 GRIT™(C)--Rachel 4:30 ZUMBA!—Sergio	12 8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle
13 3:00 YOGA 1—Ken 4:00 FLOW YOGA --Ken	14 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	15 5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING--Greta 5:30 PILATES—Heather	16 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	17 5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 YOGA 1—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®—Veronica	18 5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Katie 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 GRIT™(C)--Rachel 4:30 ZUMBA!—Sergio	19 8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle 10:45 BODYPUMP® TECHNIQUE —Janelle
20 3:00 YOGA 1—Ken 4:00 FLOW YOGA --Ken	21 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	22 5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING--Greta 5:30 PILATES—Heather	23 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	24 5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 YOGA 1—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®—Janelle	25 5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Janelle 10:15 BODYPUMP®—Katie 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 GRIT™(C)--Rachel 4:30 ZUMBA!—Sergio	26 8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle
27	28 MEMORIAL DAY HOURS: 7am-6pm 10:15 BODYPUMP®—Janelle	29 5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING--Greta 5:30 PILATES—Heather	30 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	31 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	<p align="center">Group Fitness schedule also available online at flagstaffathleticclub.com.</p> <p align="center">All group fitness classes are free to members unless (fee) is written on the schedule.</p> <p align="center">Please call 779-5141 to register and pay for fee classes.</p>	