

GROUP FITNESS, MAIN ROOM - WEST

JUNE 2018

Su-day	Mo-day	Tuesday	Wed-eday	Thursday	Friday	Saturday
<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. Please call 779-5141 to register and pay for fee classes.</p>					1	2
3	4	5	6	7	8	9
<p>3:00 YOGA 1—Ken 4:00 FLOW YOGA —Ken</p>	<p>5:45am BODYPUMP®—Molly 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Ely 12:00 STEP—Kelly 12:45 ON THE BALL—Kaye 1:30 YOGA 1—Ken 4:30 ZUMBA!—Carol 5:45 BODYPUMP®—Rock</p>	<p>5:45am GRIT™(S)—Molly 6:20am PILATES--Kelly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 BARRE ABOVE--Tera 5:30 PILATES—Heather</p>	<p>5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 IN-LINE STEP—Kelly 12:45 CORE—Heather 1:30 YOGA 1—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT® —Vicky/Janelle</p>	<p>5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Laura 12:15 YOGA 1—Ken 4:30 BARRE ABOVE--Tera 5:45 BODYPUMP®--Veronica</p>	<p>5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Janelle 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio</p>	<p>8:15 MICHAEL JACKSON STEP --Angie R/Laurie/Molly 9:30 BODYPUMP®—Veronica</p> <p>8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle</p>
10	11	12	13	14	15	16
<p>3:00 YOGA 1—Michael 4:00 FLOW YOGA --Michael</p>	<p>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!—Sergio 5:45 BODYPUMP®—Rock</p>	<p>5:45am GRIT™(S)—Molly 6:20am PILATES--Kelly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30-5:45 BARRE FUSION®/PILATES --Angie A/Heather</p>	<p>5:45am HARDCORPS—Kelly 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 IN-LINE STEP—Kelly 12:45 CORE—Heather 1:30 YOGA 1—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT® —Vicky/Janelle</p>	<p>5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 YOGA 1—Ken 4:30 BARRE 100's --Angie A 5:45 BODYPUMP®—Veronica</p>	<p>5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Katie 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio</p>	<p>8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle</p>
17	18	19	20	21	22	23
<p>3:00 YOGA 1—Ken 4:00 FLOW YOGA --Ken</p>	<p>5:45am BODYPUMP®—Marney 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!—Sergio 5:45 BODYPUMP®—Rock</p>	<p>5:45am GRIT™(S)—Kristi 6:20am PILATES--Kelly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30-5:45 BARRE FUSION®/PILATES --Angie A/Heather</p>	<p>5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 IN-LINE STEP—Kelly 12:45 CORE—Heather 1:30 YOGA 1—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT® —Vicky/Janelle</p>	<p>5:45am GRIT™(P)—Taylor 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 YOGA 1—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®—Veronica</p>	<p>5:45am BODYPUMP®—Marney 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Ely 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio</p>	<p>8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle</p>
24	25	26	27	28	29	30
<p>3:00 YOGA 1—Ken 4:00 FLOW YOGA --Ken</p>	<p>5:45am BODYPUMP®—Marney 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®—Ely</p>	<p>5:45am GRIT™(S)—Molly 6:20am PILATES--Kelly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30-5:45 BARRE FUSION®/PILATES --Angie A/Heather</p>	<p>5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 STEP—Heather 12:45 CORE—Heather 1:30 YOGA 1—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT® —Vicky/Janelle</p>	<p>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</p>	<p>5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Katie 12:00 STEP—Heather 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio</p>	<p>8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle</p>