

JULY 2018

GROUP FITNESS, MAIN ROOM - WEST

Flagstaff Athletic Club

| Su-day | Mo-day | Tuesday | Wed-nesday | Thursday | Friday | Saturday |
|--|--|--|---|---|--|---|
| 1 3:00 YOGA 1—Ken 4:00 FLOW YOGA --Ken | 2 5:45am BODYPUMP®—Ely 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)—Taylor 6:20 PILATES--Kelly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30-5:45 BARRE FUSION®/PILATES --Angie A/Heather | 4 Happy 4th! Club Hours: 7 am - 6 pm 9:00 ZUMBA!--Sergio 1:30 YOGA 1—Ken | 5 5:45am GRIT™(P)—Taylor 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 YOGA 1--Ken 4:30 BARRE 100's --Angie A 5:45 BODYPUMP®--Veronica | 6 5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Katie 12:00 STEP—Kelly 12:45 CORE—Kelly 4:30 ZUMBA!--Sergio | 7 8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle |
| 8 3:00 YOGA 1—Ken 4:00 FLOW YOGA —Ken | NO CLASSES July 9-15 for Renovations! | | | | | 14 |
| 15 | 16 5:45am BODYPUMP®—Ely 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 STEP—Kelly 12:45 ON THE BALL—Kaye 1:30 YOGA 1—Anni 4:30 ZUMBA!—Carol 5:45 BODYPUMP®—Rock | 17 5:45am GRIT™(S)—Taylor 6:20 PILATES--Kelly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Anni 4:30-5:45 BARRE FUSION®/PILATES --Angie A/Heather | 18 5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 INLINE STEP—Kelly 12:45 CORE—Heather 1:30 YOGA 1—Anni 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT® —Vicky/Janelle | 19 5:45am GRIT™(P)—Taylor 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 YOGA 1—Anni 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®—Veronica | 20 5:45am BODYPUMP®—Bianca 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Katie 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio | 21 8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP® --Janelle |
| 22 3:00 YOGA 1—Michael 4:00 FLOW YOGA --Michael | 23 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—Anni 4:30 ZUMBA!—Sergio 5:45 BODYPUMP®—Rock | 24 5:45am GRIT™(S)—Taylor 6:20 PILATES--Kelly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Anni 4:30-5:45 BARRE ABOVE/PILATES --Tera/Heather | 25 5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 INLINE STEP—Kelly 12:45 CORE—Heather 1:30 YOGA 1—Anni 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT® —Vicky/Janelle | 26 5:45am GRIT™(P)—Taylor 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 YOGA 1—Stephanie 4:30 BARRE ABOVE --Tera 5:45 BODYPUMP®—Veronica | 27 5:45am BODYPUMP®—Bianca 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Katie 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio | 28 8:15 BODYCOMBAT® LAUNCH —Janelle/Vicky/Laura/Katie/Veronica 9:30 BODYPUMP® LAUNCH --Janelle/Vicky/Katie/Veronica/Dawn |
| 29 3:00 YOGA 1—Michael 4:00 FLOW YOGA --Michael | 30 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®—Rock | 31 5:45am GRIT™(S)—Taylor 6:20 PILATES--Kelly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30-5:45 BARRE FUSION®/PILATES --Angie A/Heather | Group Fitness schedule also available online at flagstaffathleticclub.com. 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. | | | |