

GROUP FITNESS, MAIN ROOM - WEST

AUGUST 2017

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	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.</p> <p>Please call 779-5141 to register and pay for fee classes.</p>		<p>1</p> <p>5:45am HITT--KELLY 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING—Greta 5:30 PILATES—Heather</p>	<p>2</p> <p>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</p>	<p>3</p> <p>5:45am HITT--Kelly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Janelle 12:15 YOGA 1—Ken 5:45 BODYPUMP®—Janelle</p>	<p>4</p> <p>5:45am BODYPUMP®—Marney 9:00 BODYCOMBAT®—Janelle 10:15 BODYPUMP®—Janelle 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 YOGA 1—Ken</p>	<p>5</p> <p>8:15 BODYCOMBAT®—Janelle 9:30 BODYPUMP®—Janelle</p>
<p>6</p> <p>3:00 YOGA 1—Ken 4:00 YOGA 2—Ken</p>	<p>7</p> <p>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>	<p>8</p> <p>5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING—Greta 5:30 PILATES—Heather</p>	<p>9</p> <p>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</p>	<p>10</p> <p>5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Vicky 12:15 YOGA 1—Ken 5:45 BODYPUMP®—Janelle</p>	<p>11</p> <p>5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Vicky 10:15 BODYPUMP®—Katie K 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 YOGA 1—Ken</p>	<p>12</p> <p>8:15 BODYCOMBAT®—Janelle 9:30 BODYPUMP®—Janelle</p>
<p>13</p> <p>3:00 YOGA 1—Ken 4:00 YOGA 2—Ken</p>	<p>14</p> <p>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>	<p>15</p> <p>5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING—Greta 5:30 PILATES—Heather</p>	<p>16</p> <p>5:45am HARDCORPS—tera 9:00 JUST WEIGHT—Roxanne 10:00 AQUA for ARTHRITIS—Barb 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</p>	<p>17</p> <p>5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie K 12:15 YOGA 1—Ken 5:45 BODYPUMP®—Veronica</p>	<p>18</p> <p>5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Veronica 10:00 AQUA for ARTHRITIS—Barb 10:15 BODYPUMP®—Katie K 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 YOGA 1—Ken</p>	<p>19</p> <p>8:15 BODYCOMBAT®—Janelle 9:30 BODYPUMP®—Janelle</p>
<p>20</p> <p>3:00 YOGA 1—Ken 4:00 YOGA 2 --Ken</p>	<p>21</p> <p>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>	<p>22</p> <p>5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING—Greta 5:30 PILATES—Heather</p>	<p>23</p> <p>5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—Roxanne 10:00 AQUA for ARTHRITIS—Barb 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</p>	<p>24</p> <p>5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie K 12:15 YOGA 1—Ken 5:45 BODYPUMP®—Veronica</p>	<p>25</p> <p>5:45 am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Veronica 10:00 AQUA for ARTHRITIS—Barb 10:15 BODYPUMP®—Katie K 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 YOGA 1--Ken</p>	<p>26</p> <p>8:15 STEP--Kelly 9:30 JUST WEIGHT--Kelly</p>
<p>27</p> <p>3:00 YOGA 1—Ken 4:00 YOGA 2—Ken</p>	<p>28</p> <p>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>	<p>29</p> <p>5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING—Greta 5:30 PILATES—Heather</p>	<p>30</p> <p>5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—Roxanne 10:00 AQUA for ARTHRITIS—Barb 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</p>	<p>31</p> <p>5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie K 12:15 YOGA 1—Ken 5:45 BODYPUMP®—Veronica</p>		