

# GROUP FITNESS, MAIN ROOM - WEST

## OCTOBER 2017

## Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-eday	Thursday	Friday	Saturday
1  3:00 YOGA 1—Ken 4:00 YOGA 2—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	5 5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie K 12:15 YOGA 1—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®—Veronica	6 5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Katie K 10:15 BODYPUMP®—Katie K 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 YOGA 1—Ken 4:30 ZUMBA!--Sergio	7  8:45 GRIT™(P)—Kristi 9:30 BODYPUMP®—Kristi
8  3:00 YOGA 1—Ken 4:00 YOGA 2—Ken	9 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	10 5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING—Greta 5:30 PILATES—Heather	11 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	12 5:45am GRIT™(P)—Kristi 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie K 12:15 YOGA 1—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®—Bianca	13 5:45am BODYPUMP®—Bianca 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Katie K 12:00 STEP—Angie R 12:45 CORE—Kaye 1:30 YOGA 1—Michael 4:30 ZUMBA!--Sergio	14  8:15 STEP--Angie R 9:30 BODYPUMP®—Angie R
15  3:00 YOGA 1—Michael 4:00 YOGA 2 --Michael	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—Anni 4:30 ZUMBA!—Suzie 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—Rochelle	18 5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 STEP—Kelly 12:45 CORE—Angie A 1:30 YOGA 1—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT®—Vicky	19 5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie K 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®—Katie K 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 YOGA 1—Ken 4:30 ZUMBA!--Sergio	21  8:15 BODYCOMBAT®—Janelle 9:30 BODYPUMP®—Janelle
22  3:00 YOGA 1—Ken 4:00 YOGA 2 --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!—Suzie 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—Rochelle	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	26 5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie K 12:15 YOGA 1—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®—Veronica	27 5:45 am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Katie K 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 YOGA 1--Anni 4:30 ZUMBA!--Sergio	28  8:15 STEP--Kelly 9:30 JUST WEIGHT--Kelly
29  LES MILLS LAUNCH  1:00 GRIT™ 1:45 BODYCOMBAT® 3:00 BODYPUMP®  4:15 RPM® (In Diamond Room)	30 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!—Suzie 5:45 BODYPUMP®—Rock	31 5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING—Greta 5:30 PILATES—Heather	<p><b>Group Fitness schedule also available online at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>.</b></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>			