

# GROUP FITNESS, MAIN ROOM - WEST

## NOVEMBER 2017

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-eday	Thursday	Friday	Saturday
<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>			<p><b>1</b></p> <p>5:45am <b>HARDCORPS</b>—Tera            9:00 <b>JUST WEIGHT</b>—Roxanne            10:15 <b>BODYPUMP</b>®—Janelle            12:00 <b>STEP</b>—Kelly            12:45 <b>CORE</b>—Heather            1:30 <b>YOGA 1</b>—Ken            4:30 <b>ZUMBA!</b>—Sergio            5:45 <b>BODYCOMBAT</b>®—Vicky</p>	<p><b>2</b></p> <p>5:45am <b>GRIT</b>™(P)—Molly            9:00 <b>BODYPUMP</b>®—Rock            10:15 <b>BODYCOMBAT</b>®—Katie K            12:15 <b>YOGA 1</b>—Ken            4:30 <b>BARRE ABOVE</b> --Angie A            5:45 <b>BODYPUMP</b>®—Veronica</p>	<p><b>3</b></p> <p>5:45am <b>BODYPUMP</b>®—Molly            9:00 <b>BODYCOMBAT</b>®—Veronica            10:15 <b>BODYPUMP</b>®—Katie K            12:00 <b>STEP</b>—Kelly            12:45 <b>CORE</b>—Kaye            4:30 <b>ZUMBA!</b>--Sergio</p>	<p><b>4</b></p> <p>8:15 <b>BODYCOMBAT</b>®—Janelle            9:30 <b>BODYPUMP</b>®—Janelle</p>
<p><b>5</b></p> <p>3:00 <b>YOGA 1</b>—Ken            4:00 <b>FLOW YOGA</b> —Ken</p>	<p><b>6</b></p> <p>5:45am <b>BODYPUMP</b>®—Molly            9:00 <b>JUST WEIGHT</b>—Roxanne            10:15 <b>BODYPUMP</b>®—Janelle            12:00 <b>STEP</b>—Kelly            12:45 <b>ON THE BALL</b>—Kaye            1:30 <b>YOGA 1</b>—Ken            4:30 <b>ZUMBA!</b>—Carol            5:45 <b>BODYPUMP</b>®—Rock</p>	<p><b>7</b></p> <p>5:45am <b>GRIT</b>™(S)—Molly            9:00 <b>BODYPUMP</b>®—Rock            12:15 <b>YOGA 1</b>—Ken            4:30 <b>ATH CONDITIONING</b>—Greta            5:30 <b>PILATES</b>—Heather</p>	<p><b>8</b></p> <p>5:45am <b>HARDCORPS</b>—Tera            9:00 <b>JUST WEIGHT</b>—Roxanne            10:15 <b>BODYPUMP</b>®—Janelle            12:00 <b>STEP</b>—Kelly            12:45 <b>CORE</b>—Heather            1:30 <b>YOGA 1</b>—Ken            4:30 <b>ZUMBA!</b>—Sergio            5:45 <b>BODYCOMBAT</b>®—Vicky</p>	<p><b>9</b></p> <p>5:45am <b>GRIT</b>™(P)—Molly            9:00 <b>BODYPUMP</b>®—Rock            10:15 <b>BODYCOMBAT</b>®—Katie K            12:15 <b>YOGA 1</b>—Ken            4:30 <b>BARRE ABOVE</b> --Angie A            5:45 <b>BODYPUMP</b>®--Janelle</p>	<p><b>10</b></p> <p>5:45am <b>BODYPUMP</b>®—Molly            9:00 <b>BODYCOMBAT</b>®—Vicky            10:15 <b>BODYPUMP</b>®—Katie K            12:00 <b>STEP</b>—Kelly            12:45 <b>CORE</b>—Kaye            4:30 <b>ZUMBA!</b>--Sergio</p>	<p><b>11</b></p> <p>8:15 <b>BODYCOMBAT</b>®—Janelle            9:30 <b>BODYPUMP</b>®—Janelle</p>
<p><b>12</b></p> <p>3:00 <b>YOGA 1</b>—Ken            4:00 <b>FLOW YOGA</b> --Ken</p>	<p><b>13</b></p> <p>5:45am <b>BODYPUMP</b>®—Molly            9:00 <b>JUST WEIGHT</b>—Roxanne            10:15 <b>BODYPUMP</b>®—Janelle            12:00 <b>STEP</b>—Kelly            12:45 <b>ON THE BALL</b>—Kaye            1:30 <b>YOGA 1</b>—Ken            4:30 <b>ZUMBA!</b>—Carol            5:45 <b>BODYPUMP</b>®—Rock</p>	<p><b>14</b></p> <p>5:45am <b>GRIT</b>™(S)—Molly            9:00 <b>BODYPUMP</b>®—Rock            12:15 <b>YOGA 1</b>—Ken            4:30 <b>ATH CONDITIONING</b>—Greta            5:30 <b>PILATES</b>—Heather</p>	<p><b>15</b></p> <p>5:45am <b>HARDCORPS</b>—Tera            9:00 <b>JUST WEIGHT</b>—Roxanne            10:15 <b>BODYPUMP</b>®—Janelle            12:00 <b>STEP</b>—Kelly            12:45 <b>CORE</b>—Heather            1:30 <b>YOGA 1</b>—Ken            4:30 <b>ZUMBA!</b>—Sergio            5:45 <b>BODYCOMBAT</b>®—Vicky</p>	<p><b>16</b></p> <p>5:45am <b>GRIT</b>™(P)—Molly            9:00 <b>BODYPUMP</b>®—Rock            10:15 <b>BODYCOMBAT</b>®—Katie K            12:15 <b>YOGA 1</b>—Ken            4:30 <b>BARRE ABOVE</b> --Angie A            5:45 <b>BODYPUMP</b>®—Janelle</p>	<p><b>17</b></p> <p>5:45am <b>BODYPUMP</b>®—Molly            9:00 <b>BODYCOMBAT</b>®—Katie K            10:15 <b>BODYCOMBAT</b>®—Katie K            12:00 <b>STEP</b>—Kelly            12:45 <b>CORE</b>—Kaye            4:30 <b>ZUMBA!</b>--Sergio</p>	<p><b>18</b></p> <p>8:15 <b>STEP</b>—Kelly            9:30 <b>JUST WEIGHT</b>--Kelly</p>
<p><b>19</b></p> <p>3:00 <b>YOGA 1</b>—Ken            4:00 <b>FLOW YOGA</b> --Ken</p>	<p><b>20</b></p> <p>5:45am <b>BODYPUMP</b>®—Molly            9:00 <b>JUST WEIGHT</b>—Roxanne            10:15 <b>BODYPUMP</b>®—Janelle            12:00 <b>STEP</b>—Kelly            12:45 <b>ON THE BALL</b>—Kaye            1:30 <b>YOGA 1</b>—Danielle            4:30 <b>ZUMBA!</b>—Carol            5:45 <b>BODYPUMP</b>®—Rock</p>	<p><b>21</b></p> <p>5:45am <b>GRIT</b>™(S)—Molly            9:00 <b>BODYPUMP</b>®—Rock            12:15 <b>YOGA 1</b>—Carol            4:30 <b>ATH CONDITIONING</b>—Carol            5:30 <b>PILATES</b>—Heather</p>	<p><b>22</b></p> <p>Club Hours: 5 am-6 pm</p> <p>9:00 <b>JUST WEIGHT</b>—Roxanne            10:15 <b>BODYPUMP</b>®—Janelle            12:00 <b>STEP</b>—Kelly            12:45 <b>CORE</b>—Heather            4:30 <b>ZUMBA!</b>—Sergio</p>	<p><b>23</b></p> <p><b>HAPPY THANKSGIVING CLUBS CLOSED</b></p>	<p><b>24</b></p> <p>Club Hours: 7 am-6 pm</p> <p>12:45 <b>CORE</b>—Kaye            4:30 <b>ZUMBA!</b>--Sergio</p>	<p><b>25</b></p> <p>8:15 <b>BODYCOMBAT</b>®—Janelle            9:30 <b>BODYPUMP</b>®—Janelle</p>
<p><b>26</b></p>	<p><b>27</b></p> <p>5:45am <b>BODYPUMP</b>®—Marney            9:00 <b>JUST WEIGHT</b>—Roxanne            10:15 <b>BODYPUMP</b>®—Janelle            12:00 <b>STEP</b>—Kelly            12:45 <b>ON THE BALL</b>—Kaye            1:30 <b>YOGA 1</b>—Anni            4:30 <b>ZUMBA!</b>—Carol            5:45 <b>BODYPUMP</b>®—Rock</p>	<p><b>28</b></p> <p>5:45am <b>GRIT</b>™(S)—Molly            9:00 <b>BODYPUMP</b>®—Rock            12:15 <b>YOGA 1</b>—Anni            4:30 <b>ATH CONDITIONING</b>—Greta            5:30 <b>PILATES</b>—Heather</p>	<p><b>29</b></p> <p>5:45am <b>HARDCORPS</b>—Tera            9:00 <b>JUST WEIGHT</b>—Roxanne            10:15 <b>BODYPUMP</b>®—Janelle            12:00 <b>STEP</b>—Kelly            12:45 <b>CORE</b>—Heather            1:30 <b>YOGA 1</b>—Anni            4:30 <b>ZUMBA!</b>—Sergio            5:45 <b>BODYCOMBAT</b>®—Vicky</p>	<p><b>30</b></p> <p>5:45am <b>GRIT</b>™(P)—Molly            9:00 <b>BODYPUMP</b>®—Rock            10:15 <b>BODYCOMBAT</b>®—Katie K            12:15 <b>YOGA 1</b>—Anni            4:30 <b>BARRE ABOVE</b> --Angie A            5:45 <b>BODYPUMP</b>®—Veronica</p>		