

GROUP FITNESS, MAIN ROOM - WEST

DECEMBER 2017

Flagstaff Athletic Club

Su-day

Mo-day

Tuesday

Wed-nesday

Thursday

Friday

Saturday

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.

	1	2			
3			4	5	6
<p>3:00 YOGA 1—Ken 4:00 FLOW YOGA —Ken</p>		<p>5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Katie K 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!—Sergio</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>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>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>
7	8	9	10	11	12
<p>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</p>	<p>5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Thea 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!—Sergio</p>	<p>8:15 BODYCOMBAT®—Janelle 9:30 BODYPUMP®—Janelle</p>	<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®—Janelle 12:00 STEP—Kelly 12:45 ON THE BALL—Kaye 1:30 YOGA 1—Ken 4:30 ZUMBA!—Suzie 5:45 BODYPUMP®—Rock</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>
14	15	16	17	18	19
<p>5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Janelle 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®—Thea 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!—Sergio</p>	<p>8:15 BODYCOMBAT®—Janelle 9:30 BODYPUMP®—Janelle</p>	<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®—Janelle 12:00 STEP—Molly 12:45 ON THE BALL—Kaye 1:30 YOGA 1—Ken 4:30 ZUMBA!—Suzie 5:45 BODYPUMP®—Rock</p>	<p>5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 12:15 YOGA 1—Ken 4:30 ATH CONDITIONING—Greta 5:30 PILATES—Greta</p>
21	22	23	24	25	26
<p>5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie K 12:15 YOGA 1—Michael 4:30 PILATES--Heather 5:45 BODYPUMP®--Janelle</p>	<p>5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Katie K 10:15 BODYPUMP®—Katie K 12:00 STEP—Molly 12:45 CORE—Kaye 1:30 YOGA 1--Stephanie</p>	<p>8:15 STEP--Meghan 9:30 JUST WEIGHT--Meghan</p>	<p>CLUB HOURS: 7am-4pm</p>	<p>HAPPY HOLIDAYS! CLUBS CLOSED</p>	<p>5:45am GRIT™(S)—Molly 9:00 BODYPUMP®—Rock 4:30 ATH CONDITIONING—Greta 5:30 PILATES—Heather</p>
28	29	30	31	1	
<p>5:45am GRIT™(P)—Molly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie K 12:15 YOGA 1—Michael 4:30 PILATES--Heather 5:45 BODYPUMP®—Veronica</p>	<p>5:45am BODYPUMP®—Molly 9:00 BODYCOMBAT®—Vicky 10:15 BODYPUMP®—Katie K 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!—Sergio</p>	<p>9:00 BODYCOMBAT®—Janelle 10:15 BODYPUMP®—Janelle</p>	<p>CLUB HOURS: 7am-6pm 3:00 YOGA 1—Ken 4:00 FLOW YOGA --Ken</p>	<p>HAPPY NEW YEAR! CLUB HOURS: 7am-6pm 1:30 YOGA 1—Ken 4:30 ZUMBA NEW YEAR KICKOFF!--Carol</p>	