

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------|---|---|--|---|---|--|
| | 1 5:30 BARBELL STRENGTH-Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT@--Vicky 10:15 BODYPUMP@--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP@ 45--Janelle/Sean | 2 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP@—Rock 10:30 SILVER FITNESS--Jan 4:45 HIIT--Kristina 7:00 ZUMBA!-Melissa | 3 5:30 BODYPUMP@—Tommi 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP@—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT@--Janelle | 4 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP@—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP@ —Janelle/Sean | 5 5:30am BODYPUMP@— Stephanie 9:00 BODYCOMBAT@--Tommi 10:15 BODYPUMP@--Ely | 6 8:15 BODYCOMBAT@ — Kerry 9:30 BODYPUMP@ —Kerry 11:00 SILVER FITNESS- Jan |
| 7 4:15 YIN YOGA—Jan | 8 5:30am BARBELL STRENGTH-Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT@--Vicky 10:15 BODYPUMP@--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP@ 45-Janelle/Sean | 9 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP@—Rock 10:30 SILVER FITNESS--Jan 4:45 HIIT--Kristina 7:00 ZUMBA!-Melissa | 10 5:30 BODYPUMP@—Jules 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP@—Rock 10:15 ZUMBA--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT@--Janelle | 11 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP@—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP@ —Janelle/Sean | 12 5:30am BODYPUMP@ - Kerry 9:00 BODYCOMBAT@--Tommi 10:15 BODYPUMP@--Ely | 13 8:15 BODYCOMBAT@ — Janelle 9:30 BODYPUMP@ —Janelle/Sean 11:00 SILVER FITNESS- Jan |
| 14 4:15 SUNDAY YOGA—Erin | 15 5:30 BARBELL STRENGTH-Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT@--Tommi 10:15 BODYPUMP@--Tommi 5:15 SPRINT™--Sean/Janelle 6:00 BODYPUMP@ 45--Sean/Janelle | 16 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP@—Rock 10:30 SILVER FITNESS--Jan 4:45 HIIT--Kristina 7:00 ZUMBA!-Melissa | 17 5:30 BODYPUMP@—Tommi 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP@—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT@--Janelle | 18 9:00 BODYPUMP@—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP@ —Sean/Janelle | 19 5:30am BODYPUMP@ --Stephanie 9:00 BODYCOMBAT@--Tommi 10:15 BODYPUMP@--Ely | 20 8:15 BODYCOMBAT@ — Janelle 9:30 BODYPUMP@ —Janelle/Sean 11:00 SILVER FITNESS- Jan |
| 21 4:15 SUNDAY YOGA—Erin | 22 5:30 BARBELL STRENGTH-Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT@--Tommi 10:15 BODYPUMP@--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP@ 45--Janelle/Sean | 23 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP@—Rock 10:30 SILVER FITNESS--Jan 4:45 HIIT--Kristina 7:00 ZUMBA!-Melissa | 24 5:30 BODYPUMP@—Tommi 8:00 SILVER CHALLENGE--Carol 9:00 BODYPUMP@—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT@--Janelle | 25 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP@—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP@ —Sean/Janelle | 26 5:30am BODYPUMP@ --Stephanie 9:00 BODYCOMBAT@--Tommi 10:15 BODYPUMP@--Ely 5:30 **LES MILLS DANCE LAUNCH --Jules/Dayne/Laurie/Kerry | 27 8:15 BODYCOMBAT@ — Janelle 9:30 BODYPUMP@ —Janelle/Sean 11:00 SILVER FITNESS- Jan |
| 28 4:15 YIN YOGA--Jan | 29 5:30 BARBELL STRENGTH-Ali 8:00 SILVER CHALLENGE--Jan 9:00 **BODYCOMBAT@--Tommi 10:15 **BODYPUMP@--Tommi 5:15 **SPRINT™--Janelle/Sean 6:00**BODYPUMP@ 45--Janelle/Sean | 30 5:30 HIGH FITNESS-Ali 9:00 **BODYPUMP@ —Rock 10:30 SILVER FITNESS--Jan 4:45 HIIT--Kristina 7:00 ZUMBA!-Melissa | <p>Group Fitness schedule also available at flagstaffathleticclub.com</p> <p>All group fitness classes are free to members unless marked (fee)</p> <p>Schedule published on 3/29/24. Check the app or call any Service Desk at 779-4593 for most up to date information.</p> <p>**New Les Mills Release</p> | | | |

APRIL 2024

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|--|---|---|---|
| | 1 9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb 1:30 LUNCHTIME YOGA--Jacqui | 2 6:00 PILATES--Richard 9:00 PILATES FUSION--Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Jacqui 5:15 RPM™ --Angie R 6:15 VINYASA FLOW-Jacqui | 3 9:00 WISDOM YOGA--Jan 1:30 LUNCHTIME YOGA--Jan 6:00 ZUMBA!--Melissa | 4 6:00 PILATES--Richard 9:00 TRX-- Emilia 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Tatiana 6:15 VINYASA FLOW-Jacqui | 5 9:00 YIN YOGA--Jan 10:15 PILATES FUSION--Jan 1:30 LUNCHTIME YOGA--Jan 5:30 pm RPM--Angie R | 6 8:15 RPM™-Angie R/Sean 9:30 PILATES--Richard |
| 7 | 8 9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb 1:30 LUNCHTIME YOGA--Tatiana | 9 6:00 PILATES--Richard 9:00 PILATES FUSION--Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Jacqui 5:15 RPM™ --Angie R 6:15 VINYASA FLOW-Jacqui | 10 9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Jan 6:00 ZUMBA!-- Mickella | 11 6:00 PILATES--Richard 9:00 TRX-- Emilia 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Tatiana 6:15 VINYASA FLOW-Jacqui | 12 9:00 YIN YOGA--Jan 10:15 PILATES FUSION--Jan 1:30 LUNCHTIME YOGA--Jacqui 5:30 pm FRIDAY FULL PSYCLE --Darrin | 13 8:15 RPM™-Sean 9:30 PILATES--Richard |
| 14 | 15 9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb 1:30 LUNCHTIME YOGA--Tatiana | 16 6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Jacqui 5:15 RPM™-- Angie R 6:15 VINYASA FLOW-Jacqui | 17 9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Jan 6:00 ZUMBA!--Melissa | 18 6:00 PILATES--Richard 9:00 TRX-- Emilia 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Tatiana 6:15 VINYASA FLOW-Jacqui | 19 9:00 YIN YOGA--Jan 10:15 PILATES FUSION--Jan 1:30 LUNCHTIME YOGA--Jacqui 5:30 pm FRIDAY FULL PSYCLE --Darrin | 20 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard |
| 21 | 22 9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb 1:30 LUNCHTIME YOGA--Tatiana | 23 6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Jacqui 5:15 RPM™--Angie R 6:15 VINYASA FLOW-- Jacqui | 24 9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Tatiana 6:00 ZUMBA!--Mickella | 25 6:00 PILATES--Richard 9:00 TRX-- Emilia 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Tatiana 6:15 GENTLE YOGA with LIVE SOUND BATH--Jacqui | 26 9:00 YIN YOGA--Jan 10:15 PILATES FUSION--Jan 1:30 LUNCHTIME YOGA--Jacqui 5:30 pm FRIDAY FULL PSYCLE --Darrin | 27 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard |
| 28 | 29 9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb 1:30 LUNCHTIME YOGA--Tatiana | 30 6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Jacqui 5:15 **RPM™--Angie R 6:15 GENTLE YOGA with LIVE SOUND BATH--Jacqui | <p style="text-align: center;">Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to members unless marked (fee) Schedule published on 3/29/24. Check the app or call any Service Desk at 779-4593 for most up to date information. **New Les Mills Release</p> | | | |

APRIL 2024

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|--|---|
| | <p>1 5:30 GRIT Athletic-Stephanie 8:30 STEP—Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Cardio--Kristi 5:30 ZUMBA!--Mickella</p> | <p>2 7:45 FLEX-ABILITY+CORE—Julie 9:00 POOLATES*-- Julie 9:00 BODYPUMP®--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE 100's--Angie A 6:00 BODYPUMP® 45--Ely</p> | <p>3 5:30 GRIT STRENGTH--Kristi 8:30 STEP—Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 EVENING YOGA--Tatiana</p> | <p>4 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYCOMBAT®-- Tommi/Nicole 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION& Sole Training--Angie A 6:00 BODYPUMP®45--Ely 7:00 ZUMBA!--Melissa</p> | <p>5 9:00 BODYPUMP --Angie R 10:00 AQUA B.A.S.I.C.45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p> | <p>6 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie</p> |
| <p>7 9:00 BODYCOMBAT® — Vicky/Ely 10:15 BODYPUMP® —Ely 2:45 HIGH FITNESS--Ali 4:00 ZUMBA!--Melissa</p> | <p>8 5:30 GRIT Athletic-Stephanie 8:30 STEP—Angie A 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Carol 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Cardio--Kristi 5:30 ZUMBA!--Mickella</p> | <p>9 7:45 FLEX-ABILITY+CORE—Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP®--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Carol 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP® 45--Ely</p> | <p>105:30 GRIT Strength--Kristi 8:30 STEP—Angie A 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30—Carol 11:00 M & S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT STRENGTH--Stephanie 5:30 EVENING YOGA--Tatiana</p> | <p>117:45 FLEX-ABILITY+CORE--Julie 9:00 BODYCOMBAT®-- Tommi/Nicole 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION --Angie A 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Melissa</p> | <p>12 9:00 BODYPUMP--Jules 10:00 AQUA B.A.S.I.C.45*--Julie 10:30 BEG STEP 30--Carol 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p> | <p>13 8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE!-- Carol 10:45 FLEX-ABILITY+CORE--Julie</p> |
| <p>149:00 BODYCOMBAT® — Vicky/Ely 10:15 BODYPUMP--Ely 2:45 SOULFUSION--Angie A 4:00 ZUMBA!--Mickella</p> | <p>155:30 GRIT™ Cardio--Stephanie 8:30 STEP—Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 4:45 GRIT™ Cardio--Kristi 5:30 ZUMBA!-- Mickella</p> | <p>16 7:45 FLEX-ABILITY+CORE—Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP® 45--Ely</p> | <p>17 5:30 GRIT™ Strength--Kristi 8:30 STEP—Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT STRENGTH--Stephanie 5:30 EVENING YOGA--Tatiana</p> | <p>18 7:45 FLEX-ABILITY+CORE--Julie 9:00 BODYCOMBAT®-- Tommi/Nicole 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Kristina 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Melissa</p> | <p>19 9:00 BODYPUMP-Angie R 10:00 AQUA B.A.S.I.C. 45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p> | <p>20 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Dayne</p> |
| <p>21 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:45 STEP & STRENGTH--Dayne 4:00 ZUMBA!--Melissa</p> | <p>22 5:30 GRIT™ Cardio--Stephanie 8:30 STEP—Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 4:45 GRIT™ Cardio--Kristi 5:30 ZUMBA!--Melissa</p> | <p>23 7:45 FLEX-ABILITY+CORE—Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP®--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Carol 6:00 BODYPUMP® 45--Ely</p> | <p>245:30 GRIT™ Strength--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP—Laurie 11:00 M & S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 EVENING YOGA--Tatiana</p> | <p>25 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYCOMBAT®-- Tommi/Nicole 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Melissa</p> | <p>26 9:00 BODYPUMP-Angie R 10:00 AQUA B.A.S.I.C. 45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p> | <p>27 8:15 UNWIND YOGA--Carol 9:30 **DANCE FUSION 75 --Carol/Dayne/Laurie/Jules/Kerry</p> |
| <p>28 9:00 **BODYCOMBAT® — Ely 10:15 **BODYPUMP® —Ely 2:45 BODYBALANCE Demo --Rock/Angie R/Ely 4:00 ZUMBA!--Melissa</p> | <p>29 5:30 GRIT Athletic-Stephanie 8:30 STEP—Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 4:45 GRIT™ Cardio--Kristi 5:30 ZUMBA!-- Mickella</p> | <p>30 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 ** BODYPUMP®--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 STARRE--Angie A 6:00 **BODYPUMP® 45--Ely</p> | <p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to members Schedule published on 4/3/24/24. Check the app or call any Service Desk at 526-8652 for most up to date information. *Class held at Indoor Pool **New Les Mills Release</p> | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|--|---|---|-----------|
| | <p>1</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>5:30pm PILATES--Richard</p> | <p>2</p> <p>5:30am CYCLEFIT--Rochelle</p> <p>9:15 CYCLING—Laurie</p> <p>10:45 MOVE ‘n GROOVE--Carol</p> <p>6:00 TRX FULL BODY TRAINING --Robb</p> | <p>3</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>11:00 BODYJAM® 45--Jules</p> | <p>4</p> <p>5:30am CYCLEFIT--Rochelle</p> <p>9:15 CYCLING—Laurie</p> <p>10:45 MOVE ‘n GROOVE --Laurie</p> | <p>5</p> <p>10:15 ZUMBA!-- Kate</p> <p>12:00 PILATES--Jan</p> | <p>6</p> |
| 7 | <p>8</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>5:30pm PILATES--Richard</p> | <p>9</p> <p>5:30am CYCLEFIT--Rochelle</p> <p>9:15 RPM—Ely</p> <p>10:45 MOVE ‘n GROOVE--Carol</p> <p>6:00 TRX FULL BODY TRAINING --Robb</p> | <p>10</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>11:00 BODYJAM® 45--Jules</p> | <p>11</p> <p>5:30am CYCLEFIT--Rochelle</p> <p>9:15 RPM—Ely</p> <p>10:45 MOVE ‘n GROOVE --Carol</p> | <p>12</p> <p>10:15 ZUMBA!--Kate</p> <p>12:00 PILATES--Jan</p> | <p>13</p> |
| 14 | <p>15</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>5:30pm PILATES--Richard</p> | <p>16</p> <p>5:30am CYCLEFIT--Rochelle</p> <p>9:15 CYCLING—Laurie</p> <p>10:45 MOVE ‘n GROOVE--Carol</p> <p>6:00 TRX FULL BODY TRAINING --Robb</p> | <p>17</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>11:00 BODYJAM® 45--Jules</p> | <p>18</p> <p>5:30am CYCLEFIT--Rochelle</p> <p>9:15 CYCLING—Laurie</p> <p>10:45 MOVE ‘n GROOVE--Laurie</p> | <p>19</p> <p>10:15 ZUMBA!--Kate</p> <p>12:00 PILATES--Jan</p> | <p>20</p> |
| 21 | <p>22</p> <p>9:00 TRX FULL BODY TRAINING --Emilia</p> <p>5:30pm PILATES--Richard</p> | <p>23</p> <p>5:30am CYCLEFIT--Rochelle</p> <p>9:15 CYCLING—Laurie</p> <p>10:45 MOVE ‘n GROOVE--Carol</p> <p>6:00 TRX FULL BODY TRAINING --Robb</p> | <p>24</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>11:00 BODYJAM® 45-- Jules</p> | <p>25</p> <p>5:30am CYCLEFIT--Rochelle</p> <p>9:15 CYCLING—Laurie</p> <p>10:45 MOVE ‘n GROOVE--Laurie</p> | <p>26</p> <p>10:15 ZUMBA!--Kate</p> <p>12:00 PILATES--Jan</p> | <p>27</p> |
| 28 | <p>29</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>5:30pm PILATES--Richard</p> | <p>30</p> <p>5:30am CYCLEFIT--Rochelle</p> <p>9:15 CYCLING—Laurie</p> <p>10:45 MOVE ‘n GROOVE--Carol</p> <p>6:00 TRX FULL BODY TRAINING --Robb</p> | <p>Group Fitness schedule also available at Flagstaffathleticclub.com All group fitness classes are free to members unless marked (fee) Schedule published on 3/29/24. Check the app or call any Service Desk at 526-8652 for most up to date information.</p> | | | |