

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to members. Please go online or call 779-4593 to register for all classes!</p>				<p>1 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA & WORLD PEACE MEDITATION—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle</p>	<p>2 5:45am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Laura 4:30 SPRINT™ --Sean</p>	<p>3 8:15 BODYCOMBAT®—Vicky 9:30 BODYPUMP®—Janelle</p>
<p>4 HAPPY EASTER! Club Hours: 12-7 pm</p>	<p>5 5:45am BODYPUMP®—Stephanie 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® 45—Janelle</p>	<p>6 12:15 LUNCHTIME YOGA & WORLD PEACE MEDITATION--Ken 5:15 RPM™--Angie R 6:15 BODYPUMP® 45--Angie R</p>	<p>7 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:30 BODYCOMBAT®—Janelle 6:45 FIT BALL/BARRE/PILATES --Kristina</p>	<p>8 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA & WORLD PEACE MEDITATION—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle</p>	<p>9 5:45am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Laura 4:30 SPRINT™ --Sean</p>	<p>10 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP®—Janelle</p>
<p>11 3:00 SUNDAY YOGA —Carol</p>	<p>12 5:45am BODYPUMP®—Stephanie 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® 45—Janelle</p>	<p>13 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA & WORLD PEACE MEDITATION--Ken 6:15 BODYPUMP® 45--Kerry</p>	<p>14 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:30 BODYCOMBAT®—Janelle 6:45 BOSU/BARRE/PILATES --Kristina</p>	<p>15 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA & WORLD PEACE MEDITATION—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle</p>	<p>16 5:45am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Laura Les Mills Cardio Hour: 4:30 SPRINT™ --Sean 5:15 BODYJAM®--Laurie/Jules</p>	<p>17 8:15 BODYCOMBAT®--Vicky 9:30 BODYPUMP®—Janelle</p>
<p>18 3:00 SUNDAY YOGA* —Lucy</p>	<p>19 5:45am BODYPUMP®—Stephanie 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Janelle</p>	<p>20 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA & WORLD PEACE MEDITATION--Ken 5:15 RPM™--Angie R 6:15 BODYPUMP® 45--Angie R</p>	<p>21 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:30 BODYCOMBAT®—Janelle 6:45 BARRE/PILATES FUSION --Kristina</p>	<p>22 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA & WORLD PEACE MEDITATION—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle</p>	<p>23 5:45am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Laura 4:30 SPRINT™ --Sean</p>	<p>24 8:15 BODYCOMBAT® —Janelle 9:30 BODYPUMP®—Janelle</p>
<p>25 3:00 SUNDAY YOGA* —Lucy</p>	<p>26 5:45am BODYPUMP®—Stephanie 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Janelle</p>	<p>27 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA & WORLD PEACE MEDITATION--Ken 5:15 RPM™--Angie R 6:15 BODYPUMP® 45--Angie R</p>	<p>28 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:30 BEAUTY & the BEAST BODYCOMBAT®—Janelle BARRE--Kristina</p>	<p>29 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA & WORLD PEACE MEDITATION—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle</p>	<p>30 5:45am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Laura 4:30 SPRINT™ --Sean</p>	

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<p>4 HAPPY EASTER! Club Hours: 12-7 pm</p>	<p>5 12:00 HRT CYCLING--Robb</p>	<p>6</p>	<p>7 5:45am CYCLING 45--Jenn 6:15 pm ZUMBA!--Sergio</p>	<p>8 10:15 SPRINT™--Rock</p>	<p>9 10:15 POWER FLOW YOGA —Anni</p>	<p>10 8:15 RPM™--Sean</p>
<p>11</p>	<p>12 12:00 HRT CYCLING—Robb</p>	<p>13 10:15 SPRINT™—Rock</p>	<p>14 5:45am CYCLING 45--Jenn 6:15 pm ZUMBA!--Sergio</p>	<p>15 10:15 SPRINT™--Rock</p>	<p>16 10:15 POWER FLOW YOGA —Anni</p>	<p>17 8:15 RPM™--Angie R</p>
<p>18</p>	<p>19 12:00 HRT CYCLING--Robb</p>	<p>20 10:15 SPRINT™—Rock</p>	<p>21 5:45am CYCLING 45--Jenn 6:15 pm ZUMBA!--Sergio</p>	<p>22 10:15 SPRINT™--Rock</p>	<p>23 10:15 POWER FLOW YOGA —Anni</p>	<p>24 8:15 RPM™--Sean</p>
<p>25</p>	<p>26 12:00 HRT CYCLING--Robb</p>	<p>27 10:15 SPRINT™—Rock</p>	<p>28 5:45am CYCLING 45--Jenn 6:15 pm ZUMBA!--Sergio</p>	<p>29 10:15 SPRINT™--Rock</p>	<p>30 10:15 POWER FLOW YOGA —Anni</p>	

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<p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free. If there is an * by the class name, it is also offered as a ZOOM class. Please go online or call 526-8652 to register for classes.</p>				<p>1 8:00 FLEX-ABILITY+ CORE*—Julie 9:15 POOLATES--Julie 10:45 SilverSneakers® CLASSIC*—Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION & SOLE TRAINING*--Angie A 6:15 BODYPUMP® 45--Angie R</p>	<p>2 9:00 BODYPUMP®—Angie R 9:15 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30*--Laurie 11:30 MOVEMENT & STRENGTH 45--Julie 1:00 LUNCHTIME YOGA*--Lucy</p>	<p>3 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio</p>
<p>4 HAPPY EASTER! Club Hours: 12-7 pm 12:30 BODYPUMP®--Kerry 1:45 SOULfusion*--Angie A</p>	<p>5 8:30 STEP*—Laurie 9:15 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYJAM®--Kerry 6:00 BODYPUMP® 45--Kerry</p>	<p>6 8:00 FLEX-ABILITY+ CORE*—Julie 9:15 POOLATES--Julie 9:15 BODYJAM®--Jules 10:45 SilverSneakers® CLASSIC*--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE 100's*--Angie A 7:00 ZUMBA!--Sergio</p>	<p>7 5:30 STRENGTH & STRETCH--Rochelle 8:30 STEP*—Laurie 9:15 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45—Julie 12:15 LUNCHTIME YOGA--Carol 5:15 GRIT™ Athletic--Stephanie 6:00 BODYPUMP® 45--Stephanie</p>	<p>8 8:00 FLEX-ABILITY+ CORE*—Julie 9:15 POOLATES--Julie 10:45 SilverSneakers® CLASSIC*—Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION*--Angie A 6:15 BODYPUMP® 45--Kerry</p>	<p>9 9:00 BODYPUMP®—Kerry 9:15 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30*--Laurie 11:30 MOVEMENT & STRENGTH 45--Julie 1:00 LUNCHTIME YOGA--Carol</p>	<p>10 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio</p>
<p>11 12:30 BODYPUMP®--Kerry 1:45 SOULfusion*--Angie A</p>	<p>12 8:30 STEP*—Laurie 9:15 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYJAM®--Kerry 6:00 BODYPUMP® 45--Kerry</p>	<p>13 8:00 FLEX-ABILITY+ CORE*—Julie 9:15 POOLATES--Julie 9:15 BODYJAM®--Jules 10:45 SilverSneakers® CLASSIC*—Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE*--Angie A 7:00 ZUMBA!--Sergio</p>	<p>14 5:30 STRENGTH & STRETCH--Rochelle 8:30 STEP*—Laurie 9:15 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45—Julie 5:15 GRIT™ Athletic--Stephanie 6:00 BODYPUMP® 45--Stephanie</p>	<p>15 8:00 FLEX-ABILITY+ CORE*—Julie 9:15 POOLATES--Julie 10:45 SilverSneakers® CLASSIC*—Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION*--Angie A 6:15 BODYPUMP® 45--Angie R</p>	<p>16 9:00 BODYPUMP®—Angie R 8:45 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30*--Laurie 11:30 MOVEMENT & STRENGTH 45--Julie</p>	<p>17 8:15 BASIC PILATES & YOGA FUSION--Carol 9:30 ZUMBA!--Sergio</p>
<p>18 12:30 BODYPUMP®--Kerry 1:45 SOULfusion*--Angie A</p>	<p>19 8:30 STEP*—Laurie 8:45 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYJAM®--Kerry 6:00 BODYPUMP® 45--Kerry</p>	<p>20 8:00 FLEX-ABILITY+ CORE*—Julie 8:45 POOLATES--Julie 9:15 BODYJAM®--Jules 10:45 SilverSneakers® CLASSIC*—Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE*--Angie A 7:00 ZUMBA!--Sergio</p>	<p>21 5:30 STRENGTH & STRETCH--Rochelle 8:30 STEP*—Laurie 8:45 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45—Julie 12:15 LUNCHTIME YOGA--Carol 5:15 GRIT™ Athletic--Stephanie 6:00 BODYPUMP® 45--Stephanie</p>	<p>22 8:00 FLEX-ABILITY+ CORE*—Julie 8:45 POOLATES--Julie 10:45 SilverSneakers® CLASSIC*—Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION*--Angie A 6:15 BODYPUMP® 45--Angie R</p>	<p>23 9:00 BODYPUMP®—Angie R 8:45 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30*--Laurie 11:30 MOVEMENT & STRENGTH 45--Julie 1:00 LUNCHTIME YOGA*--Lucy</p>	<p>24 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio</p>
<p>25 12:30 BODYPUMP®--Kerry 1:45 SOULfusion*--Angie A</p>	<p>26 8:30 STEP*—Laurie 8:45 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYJAM®--Kerry 6:00 BODYPUMP® 45--Kerry</p>	<p>27 8:00 FLEX-ABILITY+ CORE*—Julie 8:45 POOLATES--Julie 9:15 BODYJAM®--Jules 10:45 SilverSneakers® CLASSIC*—Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE*--Angie A 7:00 ZUMBA!--Sergio</p>	<p>28 5:30 STRENGTH & STRETCH--Rochelle 8:30 STEP*—Laurie 8:45 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45—Julie 12:15 LUNCHTIME YOGA--Carol</p>	<p>29 8:00 FLEX-ABILITY+ CORE*—Julie 8:45 POOLATES--Julie 10:45 SilverSneakers® CLASSIC*—Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION*--Angie A 6:15 BODYPUMP® 45--Kerry</p>	<p>30 9:00 BODYPUMP®—Angie R 8:45 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30*--Laurie 11:30 MOVEMENT & STRENGTH 45--Julie 1:00 LUNCHTIME YOGA*--Lucy</p>	

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<p>4 HAPPY EASTER! Club Hours: 12-7pm</p>	<p>5</p>	<p>6 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie</p>	<p>7</p>	<p>8 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 BODYJAM®--Kerry</p>	<p>9</p>	<p>10</p>
<p>11</p>	<p>12</p>	<p>13 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie</p>	<p>14</p>	<p>15 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie</p>	<p>16</p>	<p>17</p>
<p>18</p>	<p>19</p>	<p>20 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie</p>	<p>21</p>	<p>22 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 BODYJAM®--Jules</p>	<p>23</p>	<p>24</p>
<p>25</p>	<p>26</p>	<p>27 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie</p>	<p>28</p>	<p>29 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 BODYJAM®--Kerry</p>	<p>30</p>	