

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to members unless marked (fee) Stop by any Service Desk to register and pay fee or call 779-4593.</p>					<p>1</p> <p>5:30am BODYPUMP®— Stephanie 6:30-8 BALLRRROM DANCE--Ken (Fee and registration)</p>	<p>2</p> <p>8:15 BODYCOMBAT®— Janelle 9:30 BODYPUMP®—Janelle</p>
<p>3</p> <p>SUNDAY FUNDAY TRIFECTA: 1-1:30 BODYJAM® 30--Jules 1:45-2:30 BODYPUMP® 45 --Kerry 3:00 SUNDAY YOGA—Lucy</p>	<p>4</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Janelle 7:15 ZUMBA!--Sergio</p>	<p>5</p> <p>5:30am BODYCOMBAT®--Laura 9:00 BODYPUMP®—Rock 11:45 STARRE!--Angie A 1:30 LUNCHTIME YOGA—Ken 6:15 YIN YOGA--Lucy</p>	<p>6</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYCOMBAT®--Rock 10:15 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p>7</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle</p>	<p>8</p> <p>5:30am BODYPUMP®— Stephanie 6:30-8 BALLRRROM DANCE--Ken (Fee and registration)</p>	<p>9</p> <p>8:15 BODYCOMBAT®— Janelle 9:30 BODYPUMP®—Janelle</p>
<p>10</p> <p>SUNDAY FUNDAY TRIFECTA: 1-1:30 BODYCOMBAT® 30 --Laura 1:45-2:30 BODYPUMP® 45 --Tommi 3:00 SUNDAY YOGA —Lucy</p>	<p>11</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Janelle 7:15 ZUMBA!--Sergio</p>	<p>12</p> <p>5:30am BODYCOMBAT®--Laura 9:00 BODYPUMP®—Rock 11:45 STARRE!--Angie A 1:30 LUNCHTIME YOGA—Ken 6:15 YIN YOGA--Lucy</p>	<p>13</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYCOMBAT®--Rock 10:15 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p>14</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA--Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle</p>	<p>15</p> <p>5:30am BODYPUMP®— Stephanie</p>	<p>16</p> <p>8:15 BODYCOMBAT®— Janelle 9:30 BODYPUMP®—Janelle</p>
<p>17</p> <p>HAPPY EASTER! Clubs Open: Noon-8 pm</p> <p>SUNDAY FUNDAY TRIFECTA: 1-1:30 CYCLING 30--Darrin (in Diamond Room) 1:45-2:30 BODYPUMP® 45 --Kerry 3:00 SUNDAY YOGA—Lucy</p>	<p>18</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 1:30 PILATES--Richard 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Janelle 7:15 ZUMBA!--Sergio</p>	<p>19</p> <p>5:30am BODYCOMBAT®--Laura 9:00 BODYPUMP®—Rock 11:45 STARRE!--Angie A 1:30 LUNCHTIME YOGA—Carol 6:15 YIN YOGA--Lucy</p>	<p>20</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYCOMBAT®--Rock 10:15 BODYPUMP®—Rock 1:30 PILATES--Richard 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p>21</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Carol 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle</p>	<p>22</p> <p>5:30am BODYPUMP®— Stephanie 6:30-8 BALLRRROM DANCE--Ken (Fee and registration)</p>	<p>23</p> <p>8:15 BODYCOMBAT®— Janelle 9:30 BODYPUMP®—Janelle</p>
<p>24</p> <p>SUNDAY FUNDAY TRIFECTA: 1-1:30 STEP 30--Dayne 1:45-2:30 BODYPUMP® 45 --Angie R 3:00 SUNDAY YOGA—Lucy</p>	<p>25</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® 45--Janelle 7:15 ZUMBA!--Sergio</p>	<p>26</p> <p>5:30am BODYCOMBAT®--Laura 9:00 BODYPUMP®—Rock 11:45 STARRE!--Angie A 1:30 LUNCHTIME YOGA—Ken 6:15 YIN YOGA--Lucy</p>	<p>27</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYCOMBAT®--Rock 10:15 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p>28</p> <p>9:00 BODYPUMP®—Tommi 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle</p>	<p>29</p> <p>5:30am BODYPUMP®— Stephanie 6:30-8 BALLRRROM DANCE--Ken (Fee and registration)</p>	<p>30</p> <p>8:15 BODYCOMBAT®— Janelle 9:30 BODYPUMP®—Janelle</p>

APRIL 2022

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to members unless marked (fee) Stop by any Service Desk to register and pay fee or call 779-4593.</p>					1	2
3	4 12:00 CYCLING--Robb	5 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 5:15pm RPM™ --Angie R	6	7 10:15 ROCKOUT with TRX--Rock 6:00 pm HIIT!--Kristina	8	9 8:15 RPM™-- Angie R 9:30 PILATES--Richard
10	11 12:00 CYCLING--Robb	12 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 5:15pm RPM™ --Angie R	13	14 10:15 ROCKOUT with TRX--Rock 6:00 pm HIIT!--Kristina	15	16 8:15 RPM™--Sean 9:30 PILATES--Richard
17 HAPPY EASTER! Clubs Open: Noon-8 pm SUNDAY FUNDAY at FAC: 1:15-1:45 CYCLING 30--Darrin	18 12:00 CYCLING--Robb	19 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 5:15pm RPM™ --Angie R	20	21 10:15 ROCKOUT with TRX--Rock 6:00 pm HIIT!--Kristina	22	23 8:15 RPM™--Sean 9:30 PILATES--Richard
24	25 12:00 CYCLING--Laurie	26 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 5:15pm RPM™ --Angie R	27	28 10:15 TRX/PILATES CIRCUIT TRAINING--Richard 6:00 pm HIIT!--Kristina	29	30 8:15 RPM™--Sean 9:30 PILATES--Richard

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<p>3</p> <p>1:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio</p>	<p>4</p> <p>8:30 STEP—Laurie 9:00 POOLATES--Julie 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--Lucy 5:30 BODYJAM® 30--Kerry 6:15 BODYPUMP® 45--Angie R</p>	<p>5</p> <p>5:30 GRIT™ Athletic--Stephanie 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 7:00 ZUMBA!--Sergio</p>	<p>6</p> <p>5:30 STRENGTH & STRETCH--Rochelle 8:30 STEP—Laurie 9:00 POOLATES--Julie 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--Lucy 4:30 STEP 45--Dayne 5:30 ALL LEVELS YOGA--Cris</p>	<p>7</p> <p>5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION & SOLE TRAINING--Angie A 6:15 BODYPUMP® 45--Kerry</p>	<p>8</p> <p>9:00 BODYPUMP®—Angie R 9:00 POOLATES--Julie 10:00 AQUA B.A.S.I.C.45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie</p>	<p>9</p> <p>8:15 UNWIND YOGA--Cris 9:30 ZUMBA!--Sergio</p>	
<p>10</p> <p>1:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio</p>	<p>11</p> <p>8:30 STEP—Laurie 9:00 POOLATES--Julie 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 5:30 BODYJAM® 30--Kerry 6:15 BODYPUMP® 45--Kerry</p>	<p>12</p> <p>GRIT™ Athletic--Stephanie 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 7:00 ZUMBA!--Sergio</p>	<p>13</p> <p>5:30 STRENGTH & STRETCH--Rochelle 8:30 STEP—Laurie 9:00 POOLATES--Julie 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 4:30 STEP 45--Dayne 5:30 ALL LEVELS YOGA--Cris</p>	<p>14</p> <p>5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 9:00 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>15</p> <p>9:00 BODYPUMP®--Angie R 9:00 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie</p>	<p>16</p> <p>8:15 SPRING YOGA--Carol 9:30 ZUMBA!--Sergio</p>	
<p>17</p> <p>HAPPY EASTER! Clubs Open: Noon-8 pm</p> <p>1:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio</p>	<p>18</p> <p>8:30 STEP—Laurie 9:00 POOLATES--Julie 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 5:30 BODYJAM® 30--Kerry 6:15 BODYPUMP® 45--Kerry</p>	<p>19</p> <p>5:30 GRIT™ Athletic--Stephanie 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 7:00 ZUMBA!--Sergio</p>	<p>20</p> <p>5:30 STRENGTH & STRETCH--Rochelle 8:30 Step—Laurie 9:00 POOLATES--Julie 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 4:30 STEP 45--Dayne 5:30 ALL LEVELS YOGA--Cris</p>	<p>21</p> <p>5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 9:00 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>22</p> <p>9:00 BODYPUMP®--Angie R 9:00 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie</p>	<p>23</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio</p>	
<p>24</p> <p>1:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio</p>	<p>25</p> <p>8:30 STEP—Laurie 9:00 POOLATES--Julie 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 5:30 BODYJAM® 30--Kerry 6:15 BODYPUMP® 45--Kerry</p>	<p>26</p> <p>5:30 GRIT™ Athletic--Stephanie 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 7:00 ZUMBA!--Sergio</p>	<p>27</p> <p>5:30 STRENGTH & STRETCH--Rochelle 8:30 Step—Laurie 9:00 POOLATES--Julie 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 4:30 STEP 45--Dayne 5:30 ALL LEVELS YOGA--Cris</p>	<p>28</p> <p>5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 9:00 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>29</p> <p>9:00 BODYPUMP®—Angie R 9:00 POOLATES--Julie 10:00 AQUA B.A.S.I.C.45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie</p>	<p>30</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio</p>	

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3	4 8:45 PILATES--Richard 5:30 ALL LEVELS YOGA--Cris	5 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 6:00 TRX FULL BODY TRAINING --Robb	6 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules 5:30 CYCLING--Darrin	7 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie 5:30 BODYJAM® 30--Dayne 6:15 YIN YOGA--Lucy 5:30 BODYJAM®--Dayne	8 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 12:00 PILATES--Richard	9
10	11 8:45 PILATES--Richard 5:30 ALL LEVELS YOGA--Cris	12 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	13 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules 5:30 CYCLING--Darrin	14 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 5:30 BODYJAM® 30--Dayne 6:15 YIN YOGA--Lucy 5:30 BODYJAM®--Dayne	15 9:00 TRX FULL BODY TRAINING --Robb 12:00 PILATES--Richard	16
17 HAPPY EASTER! Clubs Open: Noon-8 pm	18 8:45 PILATES--Richard 5:30 ALL LEVELS YOGA--Cris	19 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	20 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules 5:30 CYCLING--Darrin	21 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 5:30 BODYJAM® 30--Dayne 6:15 YIN YOGA--Lucy 5:30 BODYJAM®--Dayne	22 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 12:00 PILATES--Richard	23
24	25 8:45 PILATES--Richard 5:30 ALL LEVELS YOGA--Cris	26 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	27 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules 5:30 CYCLING--Darrin	28 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 5:30 BODYJAM® 30--Dayne 6:15 YIN YOGA--Lucy 5:30 BODYJAM®--Dayne	29 9:00 TRX FULL BODY TRAINING --Robb 12:00 PILATES--Richard	30