

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle 6:00 BODYPUMP® 45—Janelle 7:15 ZUMBA!--Sergio	2 9:00 BODYPUMP®—Stephanie 6:15 YIN YOGA--Lucy	3 5:30am BODYPUMP®—Tommi 9:00 BODYPUMP®—Stephanie 10:15 ZUMBA!--Carol 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio	4 9:00 BODYPUMP®—Stephanie 5:15 SPRINT™--Janelle 6:00 BODYPUMP® —Janelle	5 5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Janelle	6 8:15 BODYCOMBAT®— Janelle 9:30 BODYPUMP®—Janelle
7 SUNDAY FUNDAY TRIFECTA: 1-1:30 IN-LINE STEP--Dayne 1:45-2:30 BODYPUMP® 45 --Kerry 3:00 SUNDAY YOGA—Carol	8 5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Angie R 7:15 ZUMBA!--Sergio	9 9:00 BODYPUMP®—Tommi 6:15 YIN YOGA--Carol	10 5:30am BODYPUMP®—Tommi 9:00 BODYPUMP®—Tommi 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Vicky 7:15 ZUMBA!--Sergio	11 9:00 BODYPUMP®—Tommi 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Ely	12 5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Tommi	13 8:15 BODYCOMBAT®— Tommi 9:30 BODYPUMP®—Tommi
14 3:00 SUNDAY YOGA —Lucy	15 5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Tommi 7:15 ZUMBA!--Sergio	16 9:00 BODYPUMP®—Rock 6:15 YIN YOGA--Lucy	17 5:30am BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Vicky 7:15 ZUMBA!--Sergio	18 9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Tommi	19 5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Tommi	20 8:15 BODYCOMBAT®— Tommi 9:30 BODYPUMP® —Kerry
21 SUNDAY FUNDAY TRIFECTA: 1-1:30 BODYCOMBAT® 30 --Tommi 1:45-2:30 BODYPUMP® 45 --Tommi 3:00 SUNDAY YOGA—Lucy	22 5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Angie R 7:15 ZUMBA!--Sergio	23 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 YIN YOGA--Lucy	24 5:30am BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Vicky 7:15 ZUMBA!--Sergio	25 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Tommi	26 5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Tommi	27 8:15 BODYCOMBAT®— Tommi 9:30 BODYPUMP®—Tommi
28 3:00 PILATES STRETCH FUSION --Kristina	29 5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™ --Sean 6:00 BODYPUMP® 45--Angie R 7:15 ZUMBA!--Sergio	30 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 YIN YOGA--Lucy	31 5:30am BODYPUMP®—Tommi 10:15 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Vicky 7:15 ZUMBA!--Sergio	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.		

AUGUST 2022

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12:00 CYCLING--Robb	2 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 5:15 RPM™ --Angie R	3 6:30pm BARRE/PILATES FUSION 45* --Kristina	4 10:15 ROCKOUT with TRX--Robb	5 5:30 pm FRIDAY FULL PSYCLE --Darrin	6 8:15 RPM™--Angie R 9:30 PILATES--Richard
7	8 12:00 CYCLING--Robb	9 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 5:15 RPM™ --Angie R	10	11 10:15 ROCKOUT with TRX--Robb	12 5:30 pm FRIDAY FULL PSYCLE --Darrin	13 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard
14	15 12:00 CYCLING--Robb	16 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 5:15 RPM™ --Darrin	17	18 10:15 ROCKOUT with TRX--Rock	19 5:30 pm FRIDAY FULL PSYCLE --Darrin	20 8:15 RPM™--Sean 9:30 PILATES--Richard
21	22 12:00 CYCLING--Robb	23 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 5:15 RPM™--Angie R	24	25 10:15 ROCKOUT with TRX--Rock	26 5:30 pm FRIDAY FULL PSYCLE --Darrin	27 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard
28	29 12:00 CYCLING--Robb	30 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 5:15 RPM™ --Angie R	31	<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. *Outside Deck</p>		

AUGUST 2022

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p>1</p> <p>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 50--Julie 12:15 LUNCHTIME YOGA--Carol 5:30 BODYJAM® 30--Kerry/Dayne 6:15 BODYPUMP® 45--Kerry</p>	<p>2</p> <p>5:30 GRIT™ Cardio--Stephanie 7:45 FLEX-ABILITY+CORE—Julie 8:45 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>3</p> <p>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 50—Julie 12:15 LUNCHTIME YOGA--Carol 5:30 ALL LEVELS YOGA--Alex 6:45 POWER FLOW YOGA 45--Alex</p>	<p>4</p> <p>5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 8:45 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE--Kristina 6:15 BODYPUMP® 45--Kerry</p>	<p>5</p> <p>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--Julie 12:45 SilverSneakers® CLASSIC--Julie</p>	<p>6</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie</p>	
<p>7</p> <p>4:00 ZUMBA!--Sergio</p>	<p>8</p> <p>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 50--Julie 12:15 LUNCHTIME YOGA--Carol 5:30 BODYJAM® 30--Kerry/Dayne 6:15 BODYPUMP® 45--Kerry</p>	<p>9</p> <p>5:30 GRIT™ Cardio--Stephanie 7:45 FLEX-ABILITY+CORE—Julie 8:45 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>10</p> <p>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 50—Julie 12:15 LUNCHTIME YOGA--Carol 5:30 ALL LEVELS YOGA--Alex 6:45 POWER FLOW YOGA 45--Alex</p>	<p>11</p> <p>5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 8:45 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>12</p> <p>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--Julie 12:45 SilverSneakers® CLASSIC--Julie</p>	<p>13</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie</p>	
<p>14</p> <p>4:00 ZUMBA!--Sergio</p>	<p>15</p> <p>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 50--Julie 12:15 LUNCHTIME YOGA--Lucy 5:30 BODYJAM® 30--Dayne 6:15 BODYPUMP® 45--Kerry</p>	<p>16</p> <p>5:30 GRIT™ Athletic--Stephanie 7:45 FLEX-ABILITY+CORE--Julie 8:45 POOLATES*--Julie 9:00 BODYPUMP®--Tommi 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE--Rochelle 7:00 ZUMBA!--Sergio</p>	<p>17</p> <p>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 50—Julie 12:15 LUNCHTIME YOGA--Lucy 5:30 ALL LEVELS YOGA--Alex 6:45 POWER FLOW YOGA 45--Alex</p>	<p>18</p> <p>5:30 GRIT™ Strength--Kristi 7:45 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/Ely</p>	<p>19</p> <p>9:00 BODYPUMP®--Kerry 8:45 POOLATES*--Julie 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</p>	<p>20</p> <p>8:15 PILATES & STRETCH --Kristina 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie</p>	
<p>21</p> <p>2:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio</p>	<p>22</p> <p>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 50--Julie 12:15 LUNCHTIME YOGA--Alex 5:30 BODYJAM® 30--Kerry/Dayne 6:15 BODYPUMP® 45--Kerry</p>	<p>23</p> <p>5:30 GRIT™ Athletic --Stephanie 9:00 BODYPUMP®--Angie R 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 7:00 ZUMBA!--Sergio</p>	<p>24</p> <p>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 50—Julie 12:15 LUNCHTIME YOGA--Michael 5:30 ALL LEVELS YOGA--Alex 6:45 POWER FLOW YOGA 45--Alex</p>	<p>25</p> <p>5:30 GRIT™ Strength --Kristi 7:45 FLEX-ABILITY+CORE--Julie 8:45 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE--Rochelle 6:15 BODYPUMP® 45--Angie R/Ely</p>	<p>26</p> <p>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 --Julie 12:45 SilverSneakers® CLASSIC--Julie</p>	<p>27</p> <p>8:15 PILATES & STRETCH --Kristina 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie</p>	
<p>28</p> <p>2:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio</p>	<p>29</p> <p>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 50--Julie 12:15 PILATES STRETCH FUSION --Kristina 5:30 BODYJAM® 30--Dayne 6:15 STEP & SCULPT--Dayne</p>	<p>30</p> <p>5:30 GRIT™ Cardio--Stephanie 7:45 FLEX-ABILITY+CORE--Julie 8:45 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>31</p> <p>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 50—Julie 12:15 LUNCHTIME YOGA--Michael 5:30 ALL LEVELS YOGA--Michael</p>	<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 526-8652. *Outdoor Pool</p>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:45 PILATES--Richard 5:30 ALL LEVELS YOGA--Alex	2 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	3 8:45 PILATES--Richard 11:00 BODYJAM® 45--Dayne 5:30 CYCLING--Darrin	4 5:30am RPM™ --Angie R 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie	5 9:00 TRX FULL BODY TRAINING --Robb 12:00 PILATES--Richard	6
7	8 8:45 PILATES--Richard 5:30 ALL LEVELS YOGA--Alex	9 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	10 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules 5:30 CYCLING--Darrin	11 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie	12 9:00 TRX FULL BODY TRAINING --Robb 10:15 ZUMBA!--Kate 12:00 PILATES--Richard	13
14	15 8:45 PILATES--Richard 5:30 ALL LEVELS YOGA--Alex	16 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Kate 6:00 TRX FULL BODY TRAINING --Robb	17 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules 5:30 CYCLING--Darrin	18 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	19 9:00 TRX FULL BODY TRAINING --Robb 10:15 ZUMBA!--Kate 12:00 PILATES--Richard	20
21	22 8:45 PILATES--Richard 5:30 ALL LEVELS YOGA--Alex	23 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 6:00 TRX FULL BODY TRAINING --Robb	24 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules 5:30 CYCLING--Darrin	25 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	26 9:00 TRX FULL BODY TRAINING --Robb 10:15 ZUMBA!--Kate 12:00 PILATES--Richard	27
28	29 8:45 PILATES--Richard	30 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 6:00 TRX FULL BODY TRAINING --Robb	31 8:45 PILATES--Richard 11:00 BODYJAM® 45--Laurie 5:30 CYCLING--Darrin	<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 526-8652.</p>		