

# GROUP FITNESS, CYCLING ROOM - EAST

JANUARY 2019 Flagstaff Athletic Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>HAPPY NEW YEAR! Club Hours 7 am - 8 pm</p> <p>10 30 minute classes in West Main &amp; Diamond Room from 10 am - 1 pm</p>	<p>2</p> <p>4:30 pm ZUMBA Kids--Ely 5:30 pm HAPPY HOUR RIDE --Tabitha</p>	<p>3</p> <p>5:15am CYCLEFIT--Rochelle 12:00 CYCLING--Laurie 5:30 CYCLEFIT--Greta</p>	<p>4</p> <p>9:00 TRX--Robb (Fee)</p>	<p>5</p>
6	<p>7</p> <p>5:30 pm RPM<sup>(TM)</sup>--Sean</p>	<p>8</p> <p>5:15am CYCLEFIT-Rochelle 12:00 CYCLING--Laurie 5:30 FUNDAMENTAL RIDE --Robb</p>	<p>9</p> <p>4:30 pm ZUMBA Kids--Ely 5:30 pm HAPPY HOUR RIDE --Tabitha</p>	<p>10</p> <p>5:15am CYCLEFIT--Rochelle 12:00 CYCLING--Laurie 5:30 CYCLEFIT--Greta</p>	<p>11</p> <p>9:00 TRX--Robb (Fee)</p>	<p>12</p>
13	<p>14</p> <p>5:30 pm CYCLING--Danyelle</p>	<p>15</p> <p>5:15am CYCLEFIT-Rochelle 12:00 CYCLING--Laurie 5:30 FUNDAMENTAL RIDE --Robb</p>	<p>16</p> <p>4:30 pm ZUMBA Kids--Ely 5:30 pm HAPPY HOUR RIDE --Tabitha</p>	<p>17</p> <p>5:15am CYCLEFIT--Rochelle 12:00 CYCLING--Laurie 5:30 CYCLEFIT--Greta</p>	<p>18</p> <p>9:00 TRX--Robb (Fee)</p>	<p>19</p>
20	<p>21</p> <p>5:30 pm CYCLING--Danyelle</p>	<p>22</p> <p>5:15am CYCLEFIT-Rochelle 12:00 CYCLING--Laurie 5:30 FUNDAMENTAL RIDE --Robb</p>	<p>23</p> <p>4:30 pm ZUMBA Kids--Ely 5:30 pm HAPPY HOUR RIDE --Tabitha</p>	<p>24</p> <p>5:15am CYCLEFIT--Rochelle 12:00 CYCLING--Laurie 5:30 CYCLEFIT--Greta</p>	<p>25</p> <p>9:00 TRX--Robb (Fee)</p>	<p>26</p>
27	<p>28</p> <p>5:30 pm CYCLING--Danyelle</p>	<p>29</p> <p>5:15am CYCLEFIT-Rochelle 12:00 CYCLING--Laurie 5:30 FUNDAMENTAL RIDE --Robb</p>	<p>30</p> <p>4:30 pm ZUMBA Kids--Ely 5:30 pm HAPPY HOUR RIDE --Tabitha</p>	<p>31</p> <p>5:15am CYCLEFIT--Rochelle 12:00 CYCLING--Laurie 5:30 CYCLEFIT--Greta</p>	<p>All group fitness classes are free to members unless (fee) is written on the schedule.</p> <p>Please call 779-5141 to register and pay for fee class.</p> <p>All schedules are available online at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>.</p> <p><i>If attending first indoor cycling class, please arrive early. 15 minutes prior to class time listed.</i></p>	