

GROUP FITNESS, CYCLING ROOM - EAST

FEBRUARY 2019 Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-eday	Thursday	Friday	Saturday
					1 9:00 TRX--Robb (Fee)	2
3	4 5:30 pm RPM ^(TM) --Sean	5 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 FUNDAMENTAL RIDE --Robb	6 4:30 pm ZUMBA Kids--Ely 5:30 pm HAPPY HOUR RIDE --Tabitha	7 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 CYCLEFIT--Greta	8 9:00 TRX--Robb (Fee)	9 HAPPY 40th ANNIVERSARY! FREE GUEST DAY! 1:00 BODYCOMBAT®-Laura/Kathy 1:55 RPM ^(TM) -Sean/Angie R 2:50 PIYO- Angie A
10	11 5:30 pm CYCLING--Danyelle	12 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 FUNDAMENTAL RIDE --Robb	13 4:30 pm ZUMBA Kids--Ely 5:30 pm HAPPY HOUR RIDE --Tabitha	14 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 CYCLEFIT--Greta	15 9:00 TRX--Robb (Fee)	16
17	18 5:30 pm CYCLING--Danyelle	19 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 FUNDAMENTAL RIDE --Robb	20 4:30 pm ZUMBA Kids 5:30 pm HAPPY HOUR RIDE --Robb	21 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 CYCLEFIT--Greta	22 9:00 TRX--Robb (Fee)	23
24	25 5:30 pm CYCLING--Danyelle	26 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 FUNDAMENTAL RIDE --Robb	27 4:30 pm ZUMBA Kids--Ely 5:30 pm HAPPY HOUR RIDE --Tabitha	28 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 CYCLEFIT--Greta	<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 flagstaffathleticclub.com.</p> <p><i>If attending first indoor cycling class, please arrive early. 15 minutes prior to class time listed.</i></p>	