

# GROUP FITNESS, CYCLING ROOM - EAST

MARCH 2019 Flagstaff Athletic Club

Su-day      Mo-day      Tuesday      Wed-nesday      Thursday      Friday      Saturday

All group fitness classes are free to members unless (fee) is written on the schedule.

Please call 779-5141 to register and pay for fee class.

All schedules are available online at [flagstaffathleticclub.com](http://flagstaffathleticclub.com).

*If attending first indoor cycling class, please arrive early. 15 minutes prior to class time listed.*

1

9:00 TRX--Robb (Fee)

2

|   |                                |   |  |  |                           |   |
|---|--------------------------------|---|--|--|---------------------------|---|
| 3 | 4<br>5:30 pm CYCLING--Danyelle | 5<br>5:15am CYCLEFIT--Rochelle<br>12:00 CYCLING—Laurie<br>5:30 FUNDAMENTAL RIDE<br>--Robb | 6<br>4:30 pm ZUMBA Kids--Ely<br>5:30 pm HAPPY HOUR RIDE<br>--Tabitha | 7<br>5:15am CYCLEFIT--Rochelle<br>12:00 CYCLING—Laurie<br>5:30 CYCLEFIT--Greta | 8<br>9:00 TRX--Robb (Fee) | 9 |
|---|--------------------------------|---|--|--|---------------------------|---|

|    |                                 |  |   |   |                            |    |
|----|---------------------------------|--|---|---|----------------------------|----|
| 10 | 11<br>5:30 pm CYCLING--Danyelle | 12<br>5:15am CYCLEFIT--Rochelle<br>12:00 CYCLING—Laurie<br>5:30 FUNDAMENTAL RIDE<br>--Robb | 13<br>4:30 pm ZUMBA Kids--Ely<br>5:30 pm HAPPY HOUR RIDE<br>--Tabitha | 14<br>5:15am CYCLEFIT--Rochelle<br>12:00 CYCLING—Laurie<br>5:30 CYCLEFIT--Greta | 15<br>9:00 TRX--Robb (Fee) | 16 |
|----|---------------------------------|--|---|---|----------------------------|----|

|    |                                 |   |  |  |                             |    |
|----|---------------------------------|---|--|--|-----------------------------|----|
| 17 | 18<br>5:30 pm CYCLING--Danyelle | 19<br>12:00 CYCLING—Laurie<br>5:30 FUNDAMENTAL RIDE<br>--Robb | 20<br>5:30 pm HAPPY HOUR RIDE<br>--Tabitha | 21<br>12:00 CYCLING—Laurie<br>5:30 CYCLEFIT--Greta | 22<br>9:00 TRX--Robb (Fee)c | 23 |
|----|---------------------------------|---|--|--|-----------------------------|----|

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|----|---------------------------------|--|---|---|----------------------------|----|
| 24 | 25<br>5:30 pm CYCLING--Danyelle | 26<br>5:15am CYCLEFIT--Rochelle<br>12:00 CYCLING—Laurie<br>5:30 FUNDAMENTAL RIDE<br>--Robb | 27<br>4:30 pm ZUMBA Kids--Ely<br>5:30 pm HAPPY HOUR RIDE<br>--Tabitha | 28<br>5:15am CYCLEFIT--Rochelle<br>12:00 CYCLING—Laurie<br>5:30 CYCLEFIT--Greta | 29<br>9:00 TRX--Robb (Fee) | 30 |
| 31 |                                 |  |   |   |                            |    |