

# GROUP FITNESS, CYCLING ROOM - EAST

APRIL 2019

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
	1 5:30 pm CYCLING--Danyelle	2 5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:30 FUNDAMENTAL CYCLING --Robb 6:45 TRX--Robb (Fee)	3 4:30 pm ZUMBA Kids--Ely	4 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie	5 9:00 TRX--Robb (Fee) 5:30-6:30 MOTOWN SPIN/PIYO --Rochelle/Angie A	6
7 1-1:45 BARRE Form & Technique for Beginners --Angie A	8 5:30 pm CYCLING--Danyelle	9 5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:30 FUNDAMENTAL CYCLING --Robb 6:45 TRX--Robb (Fee)	10 4:30 pm ZUMBA Kids--Ely	11 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie	12 9:00 TRX--Robb (Fee)	13
14	15 5:30 pm CYCLING--Danyelle	16 5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:30 FUNDAMENTAL CYCLING --Robb 6:45 TRX--Robb (Fee)	17 4:30 pm ZUMBA Kids--Ely	18 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie	19 9:00 TRX--Robb (Fee)	20
21 HAPPY EASTER! Hours: Noon-8 pm	22 5:30 pm CYCLING--Danyelle	23 5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:30 FUNDAMENTAL CYCLING --Robb 6:45 TRX--Robb (Fee)	24 4:30 pm ZUMBA Kids	25 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie	26 9:00 TRX--Robb (Fee)	27
28	29 5:30 pm CYCLING--Danyelle	30 5:15am CYCLEFIT-Rochelle 12:00 CYCLING—Laurie 5:30 FUNDAMENTAL CYCLING --Robb 6:45 TRX--Robb (Fee)	<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>			