

GROUP FITNESS, CYCLING ROOM - EAST

JUNE 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.

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

All schedules are available online at flagstaffathleticclub.com

For (Fee) classes, please call 779-5141 to register.

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
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2	3	5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 TRX--Robb (Fee)	5 12:00 POSTURE & BALANCE --Lisa (Fee) 4:30 ZUMBA KIDS--Ely	6 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie	7 9:00 TRX--Robb (Fee)	8
9	10	11 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 TRX--Robb (Fee)	12 12:00 POSTURE & BALANCE --Lisa (Fee) 4:30 ZUMBA KIDS--Ely	13 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie	14 9:00 TRX--Robb (Fee)	15
16	17	18 5:15am RPM™--Marney 12:00 CYCLING—Laurie 5:30 TRX--Robb (Fee)	19 12:00 POSTURE & BALANCE --Lisa (Fee) 4:30 ZUMBA KIDS--Ely	20 5:15am RPM™--Marney 12:00 CYCLING—Laurie	21 9:00 TRX--Robb (Fee)	22
23/30	24	25 5:15am RPM™--Angie R 12:00 CYCLING—Laurie 5:30 TRX--Robb (Fee)	26 12:00 POSTURE & BALANCE --Lisa (Fee) 4:30 ZUMBA KIDS--Ely	27 5:15am RPM™--Angie R 12:00 CYCLING—Tabitha	28 9:00 TRX--Robb (Fee)	29