

GROUP FITNESS, CYCLING ROOM - EAST

SEPTEMBER 2019

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
1	2 LABOR DAY HOURS 7 am - 8 pm	3 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 TRX--Robb (Fee)	4	5 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie	6 9:00 TRX--Robb (Fee)	7
8	9	10 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 TRX--Robb (Fee)	11	12 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie	13 9:00 TRX--Robb (Fee)	14
15	16	17 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 TRX--Robb (Fee)	18 12:00 pm McCall Method Posture & Balance Informational Meeting --LisaAnn McCall	19 5:15amCYCLEFIT--Rochelle 12:00 CYCLING—Laurie	20 9:00 TRX--Robb (Fee)	21
22 2:00 SUNDAY SAMPLER-- PEDAL/PULSE --Greta/Angie A	23	24 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 TRX--Robb (Fee)	25 Noon - 1 pm McCALL METHOD Posture & Balance (FEE)	26 5:15am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie	27 9:00 TRX--Robb (Fee)	28
29	30	<p><i>If attending first indoor cycling class, please arrive 15 minutes prior to class time listed.</i></p> <p>All group fitness classes are free to members unless (fee) is written on the schedule.</p> <p>All schedules are available online at flagstaffathleticclub.com</p> <p>For (Fee) classes, please call 779-5141 to register.</p>				