

# GROUP FITNESS, DIAMOND ROOM - WEST

JANUARY 2019

Flagstaff Athletic Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <b>HAPPY NEW YEAR!</b> Club Hours 7 am - 8 pm  10:00 CORE--Kelly 10:35 RPM--Marney/Ely 11:15 CYCLING--Greta 11:50 BARRE--Tera 12:25 PILATES--Stephanie	<b>2</b> 5:45am CYCLING--Heather M 9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA ---Anni 12:00 VIRTUAL OUTDOOR RIDE ---Melinda 5:45 SWEAT YOGA--Ken	<b>3</b>  10:15 RPM™--Rock 5:45 RPM™60--Sean/Angie R	<b>4</b>  9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA ---Anni 11:30 LUNCHTIME YOGA--Anni 12:30 RPM™--Ely	<b>5</b>  8:15 PACE PEDALER--Jenn C 9:30 willPower Method® ---Jennifer K
<b>6</b>	<b>7</b>  5:45am CYCLING--Heather M 9:00 BODYCOMBAT®---Vicky 10:15 STRETCH & FLOW YOGA --Anni 12:00 HRT CYCLING---Robb 4:45 RPM™--Rock 5:45 EASY SWEAT YOGA---Ken	<b>8</b>  9:00 TRX--Robb (Fee) 10:15 RPM™--Rock 5:45 RPM™--Angie R/Sean	<b>9</b>  5:45am PACE PEDALER---Jenn C 9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA ---Anni 12:00 VIRTUAL OUTDOOR RIDE ---Melinda 5:45 SWEAT YOGA--Ken	<b>10</b>  10:15 RPM™--Rock 5:45 RPM™60--Sean/Angie R	<b>11</b>  9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA ---Anni 11:30 LUNCHTIME YOGA--Anni 12:30 RPM™--Ely	<b>12</b>  8:15 RPM™ LAUNCH --Sean/Angie R 9:30 willPower Method® ---Rochelle
<b>13</b>	<b>14</b>  5:45am CYCLING--Meghan 9:00 BODYCOMBAT®---Vicky 10:15 STRETCH & FLOW YOGA --Anni 12:00 HRT CYCLING---Robb 4:45 RPM™--Rock 5:45 EASY SWEAT YOGA---Ken	<b>15</b>  9:00 TRX--Robb (Fee) 10:15 RPM™--Rock 5:45 RPM™--Angie R/Sean	<b>16</b>  5:45am PACE PEDALER---Jenn C 9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA ---Anni 12:00 VIRTUAL OUTDOOR RIDE ---Melinda 5:45 SWEAT YOGA--Ken	<b>17</b>  10:15 RPM™--Rock 5:45 RPM™60--Sean/Angie R	<b>18</b>  9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA ---Ken 11:30 LUNCHTIME YOGA--Ken 12:30 RPM™--Ely	<b>19</b>  8:15 VIRTUAL OUTDOOR RIDE --Melinda 9:30 willPower Method® ---Angie A
<b>20</b>	<b>21</b>  5:45am CYCLING--Meghan 9:00 BODYCOMBAT®---Vicky 10:15 STRETCH & FLOW YOGA --Ken 12:00 HRT CYCLING---Robb 4:45 RPM™--Rock 5:45 EASY SWEAT YOGA---Ken	<b>22</b>  9:00 TRX--Robb (Fee) 10:15 RPM™--Rock 5:45 RPM™--Angie R/Sean	<b>23</b>  5:45am PACE PEDALER---Jenn C 9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA ---Anni 12:00 VIRTUAL OUTDOOR RIDE ---Melinda 5:45 SWEAT YOGA--Ken	<b>24</b>  10:15 RPM™--Rock 5:45 RPM™60--Sean/Angie R	<b>25</b>  9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA ---Anni 11:30 LUNCHTIME YOGA--Anni 12:30 RPM™--Ely 6:45 BURLESQUE LADIES NIGHT OUT --Ange (Fee)	<b>26</b>  8:15 RISE & GRIND--Heather M 9:30 willPower Method® ---Lisa
<b>27</b>	<b>28</b>  5:45am CYCLING--Meghan 9:00 BODYCOMBAT®---Vicky 10:15 STRETCH & FLOW YOGA --Anni 12:00 HRT CYCLING---Robb 4:45 RPM™--Rock 5:45 EASY SWEAT YOGA---Ken	<b>29</b>  9:00 TRX--Robb (Fee) 10:15 RPM™--Rock 5:45 RPM™--Angie R/Sean	<b>30</b>  5:45am PACE PEDALER---Jenn C 9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA ---Anni 12-2:00 VO2 RIDE ---Melinda 5:45 SWEAT YOGA--Ken	<b>31</b>  10:15 RPM™--Rock 5:45 RPM™60--Sean/Angie R	If attending first indoor cycling class, please arrive 15 minutes prior to class time listed.  All schedules are available online at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a> .  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.	