

# GROUP FITNESS, DIAMOND ROOM - WEST

FEBRUARY 2019

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
					1 5:45am CYCLING--Scott 9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA ---Anni 11:30 LUNCHTIME YOGA--Anni 1:00 RPM™--Ely	2 8:15 VO RIDE--Melinda 9:30 willPower Method® ---Angie A
3 12:30 PILATES--Stephanie	4 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	5 9:00 TRX--Robb (Fee) 10:15 RPM™---Rock 12:00 HIIT 40--Kristin 5:45 RPM™---Angie R/Sean	6 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	7 10:15 RPM™---Rock 12:00 PIYO--Angie A 5:45 RPM™60--Sean/Angie R	8 5:45am CYCLING--Scott 9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA ---Anni 11:30 LUNCHTIME YOGA--Carol 1:00 RPM™---Ely 6:45-8:00 Burlesque/Heels--Agnes (Fee)	9 HAPPY 40th ANNIVERSARY! FREE GUEST DAY! 8:15 CYCLING--Jenn C/Greta 9:10 willPower Method®--Jennifer K 10:00 Barre--Angie A 11:00 RPM™---Angie R/Sean
10 12:30 PILATES--Flower	11 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	12 9:00 TRX--Robb (Fee) 10:15 RPM™---Rock 12:00 HIIT 40--Kristin 5:45 RPM™---Sean	13 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	14 10:15 RPM™---Rock 12:00 PIYO--Angie A 5:45 RPM™60 with <3 --Sean/Angie R	15 5:45am CYCLING--Scott 9:00 willPower Method®---Jennifer K 10:15 POWER FLOW YOGA ---Anni 11:30 LUNCHTIME YOGA--Anni 1:00 RPM™---Ely	16 8:15 RPM™60--Sean/Angie R 9:30 willPower Method® ---Angie A
17 12:30 PILATES--Stephanie	18 5:45am CYCLING45--Kelly 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	19 9:00 TRX--Robb (Fee) 10:15 RPM™---Rock 12:00 HIIT 40--Kristin 5:45 RPM™---Sean	20 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	21 10:15 RPM™---Rock 12:00 PIYO--Angie A 5:45 RPM™60--Sean	22 5:45am CYCLING--Scott 9:00 willPower Method®---Liz 10:15 POWER FLOW YOGA ---Anni 11:30 LUNCHTIME YOGA--Anni 1:00 RPM™---Ely	23 8:15 CYCLING--Greta 9:30 willPower Method® ---Jennifer K
24 12:30 PILATES--Flower	25 5:45am CYCLING--Scott 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	26 9:00 TRX--Robb (Fee) 10:15 RPM™---Rock 12:00 HIIT 40--Kristin 5:45 5:45 RPM™---Sean	27 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	28 10:15 RPM™---Rock 12:00 PIYO--Angie A 5:45 RPM™60--Sean	<p><i>If attending first indoor cycling class, please arrive 15 minutes prior to class time listed.</i></p> <p>All schedules are available online at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>.</p> <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>	