

GROUP FITNESS, DIAMOND ROOM - WEST

DECEMBER 2018

Flagstaff Athletic Club

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

All schedules are available online at flagstaffathleticclub.com.

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.

1

8:15 CYCLING--Greta

2

3

5:45am RPM^(TM)--Bianca
9:00 BODYCOMBAT[®]--Vicky
10:15 STRETCH & FLOW YOGA
--Anni
12:00 HRT RIDE--Robb
4:45 RPM^(TM)--Rock
5:45 YOGA--Bianca

4

7:00 YIN YANG YOGA--Ann
9:00 TRX--Robb (Fee)
10:15 RPM^(TM)--Rock
5:45 RPM^(TM)--Angie R/Sean

5

5:45am PACE PEDALER--Jenn C
10:15 POWER FLOW YOGA
--Anni
12:00 VIRTUAL OUTDOOR RIDE
--Melinda

6

10:15 RPM^(TM)--Rock
5:45 RPM^(TM)60--Sean/Angie R

7

10:15 POWER FLOW YOGA
--Anni
11:30 LUNCHTIME YOGA--Anni
12:30 RPM^(TM)--Ely

8

8:15 CYCLING--Kelly

9

10

5:45am CYCLING--Meghan
9:00 BODYCOMBAT[®]--Vicky
10:15 STRETCH & FLOW YOGA
--Anni
12:00 HRT RIDE--Robb
4:45 RPM^(TM)--Rock
5:45 EASY SWEAT YOGA--Ken

11

7:00 YIN YANG YOGA--Ann
9:00 TRX--Robb (Fee)
10:15 RPM^(TM)--Rock
5:45 RPM^(TM)--Angie R/Sean

12

5:45am PACE PEDALER--Jenn C
10:15 POWER FLOW YOGA
--Anni
12:00 VIRTUAL OUTDOOR RIDE
--Melinda
5:45 SWEAT YOGA--Ken

13

10:15 RPM^(TM)--Rock
5:45 RPM^(TM)60--Sean/Angie R

14

10:15 POWER FLOW YOGA
--Anni
11:30 LUNCHTIME YOGA--Anni
12:30 RPM^(TM)--Ely
7:00 BURLESQUE NIGHT--
Agnes

15

8:15 VIRTUAL OUTDOOR RIDE
--Melinda

16

17

5:45am CYCLING--Meghan
9:00 BODYCOMBAT[®]--Vicky
10:15 STRETCH & FLOW YOGA
--Anni
12:00 HRT RIDE--Robb
4:45 RPM^(TM)--Ely
5:45 EASY SWEAT YOGA--Ken

18

7:00 YIN YANG YOGA--Ann
9:00 TRX--Robb (Fee)
10:15 RPM^(TM)--Ely
5:45 RPM^(TM)--Angie R/Sean

19

5:45am PACE PEDALER--Jenn C
10:15 POWER FLOW YOGA
--Anni
12:00 VIRTUAL OUTDOOR RIDE
--Melinda
5:45 SWEAT YOGA--Ken

20

10:15 RPM^(TM)--Rock
5:45 RPM^(TM)60--Sean/Angie R

21

10:15 POWER FLOW YOGA
--Anni
11:30 LUNCHTIME YOGA--Anni
12:30 RPM^(TM)--Ely
UNITED BLOOD DRIVE-- 2 - 6 pm

22

8:15 CYCLING--Jenn C

23

24

Hours: 5 am - 4 pm
5:45am CYCLING--Meghan
9:00 BODYCOMBAT[®]--Vicky

25

HAPPY HOLIDAY!
Clubs Closed

26

12-2 HOLIDAY AFTER-BURN RIDE
--Melinda

27

10:15 RPM^(TM)--Rock
5:45 RPM^(TM)60--Sean

28

12:30 RPM^(TM)--Ely

29

8:15 CYCLING--Greta

30

31

Hours: 5 am 6 pm
5:45am CYCLING--Meghan
9:00 BODYCOMBAT[®]--Vicky
10:15 STRETCH & FLOW YOGA
--Anni
4:45 RPM^(TM)--Rock