

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:15 SPRINT™—Rock 5:15 RPM™60--Angie R (od)	2 5:45-7pm SWEAT YOGA/WORLD PEACE MEDITATION--Ken	3 10:15 SPRINT™--Rock 4:30 BARRE FUSION--Angie A	4 10:15 POWER FLOW YOGA —Anni 4:30 SPRINT™ --Sean (od)	5 8:15 RPM™45--Angie R (od)
6	7 12:00 HRT CYCLING--Robb	8 10:15 SPRINT™—Rock 5:15 RPM™60--Angie R (od)	9 5:45-7pm SWEAT YOGA/WORLD PEACE MEDITATION--Ken	10 10:15 SPRINT™--Rock 4:30 BARRE FUSION--Angie A	11 10:15 POWER FLOW YOGA —Anni 4:30 SPRINT™ --Sean (od)	12 8:15 RPM™45--Sean (od)
13	14 12:00 HRT CYCLING—Robb	15 10:15 SPRINT™—Rock 5:15 RPM™60--Angie R (od)	16 5:45-7pm SWEAT YOGA/WORLD PEACE MEDITATION--Ken	17 10:15 SPRINT™--Rock 4:30 BARRE FUSION--Angie A	18 10:15 POWER FLOW YOGA —Anni 4:30 SPRINT™ --Sean (od)	19 8:15 RPM™45 “Eat, Ride & Be Merry” --Angie R (od)
20	21 12:00 HRT CYCLING--Robb	22 10:15 SPRINT™—Rock 5:15 RPM™60 “Eat, Ride & Be Merry” --Angie R (od)	23 5:45-7pm SWEAT YOGA/WORLD PEACE MEDITATION--Ken	24 Club Hours: 5 am - 4 pm 10:15 SPRINT™--Rock	25 HAPPY HOLIDAYS!! Closed	26 8:15 RPM™45--Sean (od)
27	28 12:00 HRT CYCLING--Robb	29 10:15 SPRINT™—Rock 5:15 RPM™60--Angie R (od)	30 5:45-7pm SWEAT YOGA/WORLD PEACE MEDITATION--Ken	31 NEW YEAR’S EVE! Club Hours: 5 am - 6 pm 10:15 SPRINT™--Rock	<p style="text-align: center;"> Group Fitness schedule also avail flagstaffathleticclub.com All group fitness classes are free to members. Please go online or call 779-4593 to register for classes. </p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 9:15 POOLATES--Julie 9:15 BODYJAM@--Jules 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!--Sergio</p>	<p>2</p> <p>8:30 STEP—Laurie 9:00 POOLATES--Julie 9:00 BODYPUMP@--Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45—Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYPUMP@--Stephanie 7:00 ZUMBA!--Sergio</p>	<p>3</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 9:15 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!--Sergio</p>	<p>4</p> <p>9:00 POOLATES--Julie 9:00 BODYPUMP@--Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH 45--Julie</p>	<p>5</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio</p>
<p>6</p> <p>12:30 BODYPUMP@--Brittany 1:45 SOUL FUSION & SUGAR PLUMS--Angie A</p>	<p>7</p> <p>8:30 STEP—Laurie 9:00 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYJAM@--Kerry 6:00 BODYPUMP@ 45--Kerry</p>	<p>8</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 9:15 POOLATES--Julie 9:15 BODYJAM@--Jules 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!--Sergio</p>	<p>9</p> <p>8:30 STEP—Laurie 9:00 POOLATES--Julie 9:00 BODYPUMP@--Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45—Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYPUMP@--Stephanie 7:00 ZUMBA!--Sergio</p>	<p>10</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 9:15 POOLATES--Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!--Sergio</p>	<p>11</p> <p>9:00 POOLATES--Julie 9:00 BODYPUMP@--Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH 45--Julie</p>	<p>12</p> <p>8:15 BASIC PILATES & YOGA FUSION--Carol 9:30 ZUMBA!--Sergio</p>
<p>13</p> <p>12:30 BODYPUMP@--Brittany</p>	<p>14</p> <p>8:30 STEP—Laurie 9:00 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYJAM@--Kerry 6:00 BODYPUMP@ 45--Kerry</p>	<p>15</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 9:15 POOLATES--Julie 9:15 BODYJAM@--Jules 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!--Sergio</p>	<p>16</p> <p>8:30 STEP—Laurie 9:00 POOLATES--Julie 9:00 BODYPUMP@--Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45—Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYPUMP@--Stephanie 7:00 ZUMBA!--Sergio</p>	<p>17</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 9:15 POOLATES--Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!--Sergio</p>	<p>18</p> <p>9:00 POOLATES--Julie 9:00 BODYPUMP@--Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH 45--Julie</p>	<p>19</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio</p>
<p>20</p> <p>12:30-2 "PUMP UP THE JAM" BODYJAM@ 30 BODYPUMP@ 45 --Kerry</p>	<p>21</p> <p>8:30 STEP—Laurie 9:00 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie 12:15 LUNCHTIME YOGA "Peaceful Yoga"--Carol</p>	<p>22</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 9:15 POOLATES--Julie 9:15 BODYJAM@--Jules 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!--Sergio</p>	<p>23</p> <p>8:30 STEP—Laurie 9:00 POOLATES--Julie 9:00 BODYPUMP@ "Eat, Pump & Be Merry"--Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie 12:15 LUNCHTIME YOGA "Joyful Yoga"--Carol 5:15 BODYPUMP@--Stephanie 7:00 ZUMBA!--Sergio</p>	<p>24</p> <p>Club Hours: 5 am - 4 pm</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 9:15 POOLATES--Julie 10:45 SilverSneakers® CLASSIC—Julie</p>	<p>25</p> <p>HAPPY HOLIDAYS! Closed</p>	<p>26</p> <p>8:15 UNWIND YOGA "Candlelight Yoga" --Carol 9:30 ZUMBA!--Sergio</p>
<p>27</p>	<p>28</p> <p>8:30 STEP—Laurie 9:00 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie 12:15 LUNCHTIME YOGA--Carol</p>	<p>29</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 9:15 POOLATES--Julie 9:15 BODYJAM@--Jules 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!--Sergio</p>	<p>30</p> <p>8:30 STEP—Laurie 9:00 POOLATES--Julie 9:00 BODYPUMP@--Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYPUMP@--Stephanie 7:00 ZUMBA!--Sergio</p>	<p>31</p> <p>NEW YEAR'S EVE! Club Hours: 5 am - 6 pm</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 9:15 POOLATES--Julie 10:45 SilverSneakers® CLASSIC—Julie</p>	<p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free. Please go online or call 779-4593 to register for classes.</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie (od)	2	3 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie (od)	4	5
6	7	8 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie (od)	9	10 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie (od)	11	12
13	14	15 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie (od)	16	17 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie (od)	18	19
20	21	22 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie (od)	23	24 Club Hours: 5 am - 4 pm 5:30am CYCLEFIT--Rochelle	25 HAPPY HOLIDAYS Closed	26
27	28	29 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie (od)	30	31 NEW YEAR's EVE Club Hours: 5 am - 6 pm 5:30am CYCLEFIT--Rochelle	Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to member Please go online or call 779-5141 to register for classes.	