

DECEMBER 2021

GROUP FITNESS MAIN ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Group Fitness schedule also available at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a></b>                      All group fitness classes are free to members unless marked (fee and registration)                      Stop by any Service Desk to register and pay fee or call 779-4593.</p>			<p><b>1</b>                      9:00 BODYCOMBAT®--Rock                      10:15 BODYPUMP®—Rock                      1:30 LUNCHTIME YOGA—Ken                      4:15 BARRE/PILATES FUSION 45 --Kristina                      5:30 BODYCOMBAT®--Janelle                      7:15 ZUMBA!--Sergio</p>	<p><b>2</b>                      9:00 BODYPUMP®—Rock                      11:45 STEP 45--Angie A                      1:00 WORLD PEACE MEDITATION/YOGA (at 1:30)--Ken                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® —Janelle</p>	<p><b>3</b>                      5:30am BODYPUMP®—Stephanie                      9:00 BODYCOMBAT®--Laura</p>	<p><b>4</b>                      8:15 BODYCOMBAT®—Janelle                      9:30 BODYPUMP®—Janelle</p>
<p><b>5</b>                      3:00 SUNDAY YOGA —Lucy</p>	<p><b>6</b>                      5:30am BODYPUMP®—Stephanie                      9:00 BODYCOMBAT®--Vicky                      1:30 LUNCHTIME YOGA—Ken                      5:15 SPRINT™--Sean                      6:00 BODYPUMP® 45—Janelle                      7:15 ZUMBA!--Sergio</p>	<p><b>7</b>                      9:00 BODYPUMP®—Rock                      11:45 STEP 45--Angie A                      1:00 WORLD PEACE MEDITATION/YOGA (at 1:30)--Ken                      6:15 BODYPUMP® 45 --Angie R</p>	<p><b>8</b>                      9:00 BODYCOMBAT®--Rock                      10:15 BODYPUMP®—Rock                      1:30 LUNCHTIME YOGA—Ken                      4:15 BARRE/PILATES FUSION 45 --Kristina                      5:30 BODYCOMBAT®--Janelle                      7:15 ZUMBA!--Sergio</p>	<p><b>9</b>                      9:00 BODYPUMP®—Rock                      11:45 STEP 45--Angie A                      1:00 WORLD PEACE MEDITATION/YOGA (at 1:30)--Ken                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® —Janelle</p>	<p><b>10</b>                      5:30am BODYPUMP®— Stephanie                      9:00 BODYCOMBAT®--Laura</p>	<p><b>11</b>                      8:15 BODYCOMBAT®— Janelle                      9:30 BODYPUMP®—Janelle                      12:00 SPECIAL ATHLETES Reindeer Games --Janelle/Angie R</p>
<p><b>12</b>                      3:00 SUNDAY YOGA —Lucy</p>	<p><b>13</b>                      5:30am BODYPUMP®—Stephanie                      9:00 BODYCOMBAT®--Vicky                      1:30 LUNCHTIME YOGA—Ken                      5:15 SPRINT™--Sean                      6:00 BODYPUMP® 45—Janelle                      7:15 ZUMBA!--Sergio</p>	<p><b>14</b>                      9:00 BODYPUMP®—Rock                      11:45 STEP 45--Angie A                      1:00 WORLD PEACE MEDITATION/YOGA (at 1:30)--Ken                      6:15 BODYPUMP® 45--Angie R</p>	<p><b>15</b>                      9:00 BODYCOMBAT®--Rock                      10:15 BODYPUMP®—Rock                      1:30 LUNCHTIME YOGA—Ken                      4:15 BARRE/PILATES FUSION 45 --Kristina                      5:30 BODYCOMBAT®--Janelle                      7:15 ZUMBA!--Sergio</p>	<p><b>16</b>                      9:00 BODYPUMP®—Rock                      11:45 STEP 45--Angie A                      1:00 WORLD PEACE MEDITATION/YOGA (at 1:30)--Ken                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® —Janelle</p>	<p><b>17</b>                      5:30am BODYPUMP®— Stephanie                      9:00 BODYCOMBAT®--Rock</p>	<p><b>18</b>                      9-10:30 CHRISTMAS COOKIE CRUSHER                      30 min BODYCOMBAT®                      30 min BODYPUMP®                      30 min BARRE --Janelle/Kerry</p>
<p><b>19</b>                      3:00 SUNDAY YOGA —Lucy</p>	<p><b>20</b>                      5:30am BODYPUMP®—Stephanie                      9:00 BODYCOMBAT®--Vicky                      1:30 LUNCHTIME YOGA—Ken                      5:15 SPRINT™--Sean                      6:00 BODYPUMP® 45—Janelle                      7:15 ZUMBA!--Sergio</p>	<p><b>21</b>                      9:00 BODYPUMP®—Rock                      11:45 STEP 45--Dayne                      1:00 WORLD PEACE MEDITATION/YOGA (at 1:30)--Ken                      6:15 BODYPUMP® 45--Angie R</p>	<p><b>22</b>                      9:00 BODYCOMBAT®--Rock                      10:15 BODYPUMP®—Rock                      4:15 HOLIDAY BARRE/PILATES FUSION 45 --Kristina                      5:30 BODYCOMBAT®--Janelle                      7:15 ZUMBA!--Sergio</p>	<p><b>23</b>                      9:00 BODYPUMP®—Rock                      11:45 STEP 45--Angie A                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® —Janelle</p>	<p><b>24</b>                      CLUB HOURS: 5 am-4 pm                      5:30am BODYPUMP®— Stephanie                      9:00 BODYCOMBAT®--Laura</p>	<p><b>25</b>                      HAPPY HOLIDAYS                      Closed</p>
<p><b>26</b>                      3:00 SUNDAY YOGA —Lucy</p>	<p><b>27</b>                      5:30am BODYPUMP®—Stephanie                      9:00 BODYCOMBAT®--Vicky                      1:30 PILATES--Richard                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® 45—Janelle                      7:15 ZUMBA!--Sergio</p>	<p><b>28</b>                      9:00 BODYPUMP®—Rock                      11:45 STEP 45--Angie A                      1:30 PILATES--Richard                      6:15 BODYPUMP® 45--Angie R</p>	<p><b>29</b>                      9:00 BODYCOMBAT®--Rock                      10:15 BODYPUMP®—Rock                      1:30 PILATES--Richard                      4:15 BARRE/PILATES FUSION 45 --Kristina                      5:30 BODYCOMBAT®--Janelle                      7:15 ZUMBA!--Sergio</p>	<p><b>30</b>                      9:00 BODYPUMP®—Rock                      11:45 STEP 45--Angie A                      1:30 PILATES--Richard                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® —Janelle</p>	<p><b>31</b>                      CLUB HOURS: 5 am-6 pm                      5:30am BODYPUMP®— Stephanie                      9:00 BODYCOMBAT®--Laura</p>	<p>HAPPY NEW YEAR!                      Club Hours: 7 am - 7 pm                      HAPPY NEW YOU --Les Mills Team                      8:15 SPRINT™ (Diamond)                      8:45 RPM™ (Diamond)                      9:15 BODYCOMBAT®                      9:45 BODYJAM®                      10:15 BODYPUMP®</p>

DECEMBER 2021

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Group Fitness schedule also available at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>                      All group fitness classes are free to members unless marked (fee and registration)                      Stop by any Service Desk to register and pay fee or call 779-4593.</p>			<p>1  5:45am CYCLING 45--Jenn</p>	<p>2</p>	<p>3</p>	<p>4  8:15 RPM™-- Angie R</p>
<p>5</p>	<p>6  12:00 CYCLING--Robb</p>	<p>7  5:15 RPM™ --Angie R 6:15 YIN YOGA--Lucy</p>	<p>8  5:45am CYCLING 45--Jenn</p>	<p>9</p>	<p>10</p>	<p>11  8:15 RPM™-- Sean</p>
<p>12</p>	<p>13  12:00 CYCLING--Robb</p>	<p>14  5:15 RPM™--Angie R 6:15 YIN YOGA--Lucy</p>	<p>15  5:45am CYCLING 45--Jenn</p>	<p>16</p>	<p>17</p>	<p>18  8:15 RPM™--Angie R</p>
<p>19</p>	<p>20  12:00 CYCLING--Robb</p>	<p>21  5:15 RPM™--Angie R 6:15 YIN YOGA--Lucy</p>	<p>22  5:45 am CYCLING 45--Jenn</p>	<p>23</p>	<p>24  CLUB HOURS: 5 am - 4 pm</p>	<p>25  HAPPY HOLIDAYS Clubs Closed</p>
<p>26</p>	<p>27  12:00 CYCLING--Robb</p>	<p>28  5:15 RPM™--Angie R 6:15 YIN YOGA--Lucy</p>	<p>29  5:45 am CYCLING 45--Jenn</p>	<p>30</p>	<p>31  CLUB HOURS: 5 am - 6 pm</p>	<p>1 HAPPY NEW YEAR!  Club Hours: 7 am - 7 pm  HAPPY NEW YOU! 8:15 SPRINT™ 8:45 RPM™</p>

DECEMBER 2021

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Group Fitness schedule also available at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a></b>                      All group fitness classes are free to members unless marked (fee and registration)                      Stop by any Service Desk to register and pay fee or call 526-8652.</p>			<p><b>1</b>                      5:30 STRENGTH &amp; STRETCH--Rochelle                      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 &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      5:30 ALL LEVELS YOGA--Cris</p>	<p><b>2</b>                      5:30 GRIT™ Strength--Kristi                      8:00 FLEX-ABILITY+ CORE45--Julie                      9:00 POOLATES--Julie                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE FUSION &amp; SOLE TRAINING--Angie A                      6:15 BODYPUMP® 45--Kerry</p>	<p><b>3</b>                      9:00 BODYPUMP®--Angie R                      9:00 POOLATES--Julie                      10:00 AQUA B.A.S.I.C.45--Julie                      10:30 BEG STEP 30--Laurie                      11:30 MOVEMENT &amp; STRENGTH --Julie</p>	<p><b>4</b>                      8:15 UNWIND YOGA--Carol                      9:30 ZUMBA!--Sergio                      10:45 STEP INTO THE HOLIDAYS --Dayne</p>
<p><b>5</b>                      1:45 SOULfusion--Angie A</p>	<p><b>6</b>                      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 &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      5:30 BODYJAM®--Kerry                      6:15 BODYPUMP® 45--Kerry</p>	<p><b>7</b>                      5:30 GRIT™ Athletic--Stephanie                      8:00 FLEX-ABILITY+CORE45--Julie                      9:00 POOLATES--Julie                      9:00 BODYPUMP®--Angie R                      10:45 SilverSneakers® CLASSIC --Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE 100's--Angie A                      7:00 ZUMBA!--Sergio</p>	<p><b>8</b>                      5:30 STRENGTH &amp; STRETCH--Rochelle                      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 &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      5:30 ALL LEVELS YOGA--Cris</p>	<p><b>9</b>                      5:30 GRIT™ Strength--Stephanie                      8:00 FLEX-ABILITY+CORE45--Julie                      9:00 POOLATES--Julie                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE FUSION--Angie A                      6:15 BODYPUMP® 45--Kerry</p>	<p><b>10</b>                      9:00 BODYPUMP®--Angie R                      9:00 POOLATES--Julie                      10:00 AQUA B.A.S.I.C.45--Julie                      10:30 BEG STEP 30--Laurie                      11:30 MOVEMENT &amp; STRENGTH --Julie</p>	<p><b>11</b>                      8:15 UNWIND YOGA--Carol                      9:30 ZUMBA!--Sergio</p>
<p><b>12</b>                      1:45 SOULfusion--Angie A</p>	<p><b>13</b>                      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 &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      5:30 BODYJAM®--Kerry                      6:15 BODYPUMP® 45--Kerry</p>	<p><b>14</b>                      5:30 GRIT™ Athletic--Stephanie                      8:00 FLEX-ABILITY+CORE45--Julie                      9:00 POOLATES--Julie                      9:00 BODYPUMP®--Angie R                      10:45 SilverSneakers® CLASSIC --Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE ABOVE--Angie A                      7:00 ZUMBA!--Sergio</p>	<p><b>15</b>                      5:30 STRENGTH &amp; STRETCH--Rochelle                      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 &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      5:30 ALL LEVELS YOGA--Cris</p>	<p><b>16</b>                      5:30 GRIT™ Strength--Kristi                      8:00 FLEX-ABILITY+CORE45--Julie                      9:00 POOLATES--Julie                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE FUSION--Angie A                      6:15 BODYPUMP® 45--Kerry</p>	<p><b>17</b>                      9:00 BODYPUMP®--Angie R                      9:00 POOLATES--Julie                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:30 BEG STEP 30--Laurie                      11:30 MOVEMENT &amp; STRENGTH --Julie</p>	<p><b>18</b>                      8:15 PEACEFUL YOGA--Carol                      9:30 ZUMBA!--Sergio                      10:45 BODYJAM®--Dayne</p>
<p><b>19</b>                      1:45 SOULfusion &amp; SUGAR PLUMS--Angie A</p>	<p><b>20</b>                      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 &amp; S 50--Julie                      12:15 JOYFUL YOGA--Carol                      5:30 BODYJAM®--Dayne                      6:15 BODYPUMP® 45--Stephanie</p>	<p><b>21</b>                      5:30 GRIT™ Athletic--Stephanie                      8:00 FLEX-ABILITY+CORE45--Julie                      9:00 POOLATES--Julie                      9:00 BODYPUMP®--Angie R                      10:45 SilverSneakers® CLASSIC --Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE ABOVE--Kristina                      7:00 ZUMBA!--Sergio</p>	<p><b>22</b>                      5:30 STRENGTH &amp; STRETCH--Stephanie                      8:30 "Jingle Step, Jingle Step, Jingle all the Way--Laurie                      9:00 POOLATES--Julie                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Lucy                      5:30 ALL LEVELS YOGA--Michael</p>	<p><b>23</b>                      5:30 GRIT™ Strength--Kristi                      8:00 FLEX-ABILITY+CORE45--Julie                      9:00 POOLATES--Julie                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Lucy                      4:45 JINGLE BARRE ROCK --Angie A</p>	<p><b>24</b>                      CLUB HOURS: 5 am - 4 pm                      9:00 BODYPUMP®--Angie R                      9:00 POOLATES--Julie                      10:00 AQUA B.A.S.I.C. 45--Julie                      11:30 MOVEMENT &amp; STRENGTH --Julie</p>	<p><b>25</b>                      HAPPY HOLIDAYS                      Clubs Closed</p>
<p><b>26</b>                      1:45 SOULfusion--Angie A</p>	<p><b>27</b>                      8:30 STEP--Angie A                      9:00 POOLATES--Julie                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:00 BEG STEP 30--Angie A                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Lucy                      5:30 BODYJAM®--Dayne                      6:15 BODYPUMP® 45--Angie R</p>	<p><b>28</b>                      5:30 GRIT™ Athletic--Stephanie                      8:00 FLEX-ABILITY+CORE45--Julie                      9:00 POOLATES--Julie                      9:00 BODYPUMP®--Angie R                      10:45 SilverSneakers® CLASSIC --Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE ABOVE--Angie A                      7:00 ZUMBA!--Sergio</p>	<p><b>29</b>                      5:30 STRENGTH &amp; STRETCH--Rochelle                      8:30 STEP--Angie A                      9:00 POOLATES--Julie                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:00 BEG STEP 30--Angie A                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Lucy                      5:30 ALL LEVELS YOGA--Michael</p>	<p><b>3</b>                      5:30 GRIT™ Strength--Kristi                      8:00 FLEX-ABILITY+CORE45--Julie                      9:00 POOLATES--Julie                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Lucy                      4:45 BARRE FUSION--Angie A                      6:15 BODYPUMP® 45--Kerry</p>	<p><b>31</b>                      CLUB HOURS: 5 am - 6 pm                      9:00 BODYPUMP®--Angie R                      9:00 POOLATES--Julie                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:30 BEG STEP 30--Laurie                      11:30 MOVEMENT &amp; STRENGTH --Julie</p>	<p><b>1</b>                      HAPPY NEW YEAR!                      Club Hours: 7 am - 7 pm                      9:00 RENEW &amp; RECHARGE YOGA--Carol                      10:15 MOVE 'n GROOVE --Carol</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Group Fitness schedule also available at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a></b>                      All group fitness classes are free to members unless marked (fee and registration)                      Stop by any Service Desk to register and pay fee or call 526-8652.</p>			<p>1</p> <p>8:45 Beginning PILATES --Richard 11:00 BODYJAM® 45--Jules</p>	<p>2</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie</p>	<p>3</p>	<p>4</p> <p>10:45 Intermediate PILATES --Richard</p>
<p>5</p>	<p>6</p> <p>8:45 Beginning PILATES --Richard</p>	<p>7</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol</p>	<p>8</p> <p>8:45 Beginning PILATES --Richard 11:00 BODYJAM® 45--Jules</p>	<p>9</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie</p>	<p>10</p>	<p>11</p> <p>10:45 Intermediate PILATES --Richard</p>
<p>12</p>	<p>13</p> <p>8:45 Beginning PILATES --Richard</p>	<p>14</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol</p>	<p>15</p> <p>8:45 Beginning PILATES --Richard 11:00 BODYJAM® 45--Jules</p>	<p>16</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie</p>	<p>17</p>	<p>18</p> <p>10:45 Intermediate PILATES --Richard</p>
<p>19</p>	<p>20</p> <p>8:45 Beginning PILATES --Richard</p>	<p>21</p> <p>5:30am RPM™--Angie R 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol</p>	<p>22</p> <p>8:45 Beginning PILATES --Kristina 11:00 BODYJAM® 45--Jules</p>	<p>23</p> <p>5:30am RPM™--Angie R 9:15 CYCLING—Stephanie 10:45 Zumba!--Sergio</p>	<p>24</p> <p>CLUB HOURS: 5 am - 4 pm</p>	<p>25</p> <p>HAPPY HOLIDAYS Clubs Closed</p>
<p>26</p>	<p>27</p> <p>8:45 Beginning PILATES --Richard</p>	<p>28</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Stephanie 10:45 ZUMBA!--Sergio</p>	<p>29</p> <p>8:45 Beginning PILATES --Richard 11:00 BODYJAM® 45--Jules</p>	<p>30</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie</p>	<p>31</p> <p>CLUB HOURS: 5 am - 6 pm</p>	<p>1</p> <p>HAPPY NEW YEAR!  Club Hours: 7 am - 7 pm  10:45 Intermediate PILATES --Richard</p>