

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;"><b>Group Fitness schedule also available at flagstaffathleticclub.com</b></p> <p style="text-align: center;">All group fitness classes are free to members unless marked (fee) Stop by any Service Desk to register and pay fee or call 779-4593. *Class held in the West Indoor Pool</p>				<p><b>1</b></p> <p>9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p><b>2</b></p> <p>5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p><b>3</b></p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean</p>
<p><b>4</b></p> <p>3:00 SUNDAY YOGA—Carol</p>	<p><b>5</b></p> <p>5:30am BODYPUMP® 50—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean 7:15 ZUMBA!--Sergio</p>	<p><b>6</b></p> <p>9:00 BODYPUMP®—Rock 6:15 YIN YOGA--Carol</p>	<p><b>7</b></p> <p>5:30 BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p><b>8</b></p> <p>9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p><b>9</b></p> <p>5:30am BODYPUMP® 50- Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p><b>10</b></p> <p>9:00 Candy Cane Crusher 30 min Bodycombat 30 min Bodypump 30 min Barre/Pilates --Janelle/Kristina 12:00 Special Athletes Reindeer Games--Janelle/Angie</p>
<p><b>11</b></p> <p>3:00 SUNDAY YOGA-- DeAnn</p>	<p><b>12</b></p> <p>5:30am BODYPUMP® 50--Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean 7:15 ZUMBA!--Sergio</p>	<p><b>13</b></p> <p>9:00 BODYPUMP®—Rock 6:15 VINYASA FLOW--Kent</p>	<p><b>14</b></p> <p>5:30 BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 Holiday Celebration at the Barre --Kristina 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p><b>15</b></p> <p>9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p><b>16</b></p> <p>5:30am BODYPUMP® 50— Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p><b>17</b></p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean</p>
<p><b>18</b></p> <p>3:00 SUNDAY YOGA—Erin</p>	<p><b>19</b></p> <p>5:30am BODYPUMP® 50--Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean 7:15 ZUMBA!--Sergio</p>	<p><b>20</b></p> <p>9:00 BODYPUMP®—Rock 6:15 VINYASA FLOW--Kent</p>	<p><b>21</b></p> <p>5:30 BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Angie 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p><b>22</b></p> <p>9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p><b>23</b></p> <p>5:30am BODYPUMP® 50-Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p><b>24</b></p> <p><b>Club Hours: 7am-4pm</b></p>
<p><b>25</b></p> <p><b>Clubs Closed</b></p>	<p><b>26</b></p> <p>5:30am BODYPUMP® 50—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 Cycling 30 --Ali 6:00 BODYPUMP® 45--Ely</p>	<p><b>27</b></p> <p>9:00 BODYPUMP®—Rock 6:15 YIN YOGA--Carol</p>	<p><b>28</b></p> <p>5:30 BODYPUMP® —Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT® --Tommi 7:15 BODYGROOVE-DeAnn</p>	<p><b>29</b></p> <p>9:00 BODYPUMP®—Rock 5:15 Cycling 30 --Ali 6:00 BODYPUMP® —Ely</p>	<p><b>30</b></p> <p>5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p><b>31</b></p> <p><b>Club Hours: 7am-6pm</b></p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle</p>

DECEMBER 2022

GROUP FITNESS DIAMOND 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></p> <p>All group fitness classes are free to members unless marked (fee) Stop by any Service Desk to register and pay fee or call 779-4593.</p>				<p><b>1</b> 6:30 RISING FLOW YOGA--Erin 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen</p>	<p><b>2</b> 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p><b>3</b> 8:15 RPM™--Sean/Angie R 9:30 PILATES--Richard</p>
<p><b>4</b></p>	<p><b>5</b> 12:00 CYCLING--Robb 6:00 pm HIIT! - Kristina</p>	<p><b>6</b> 6:30 RISING FLOW YOGA--Erin 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen  5:15 RPM™ --Sean</p>	<p><b>7</b> 1:30 LUNCHTIME YOGA--Erin</p>	<p><b>8</b> 6:30 RISING FLOW YOGA--Erin 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW--Kent</p>	<p><b>9</b> 5:30 pm RPM-- Angie</p>	<p><b>10</b> 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard</p>
<p><b>11</b></p>	<p><b>12</b> 12:00 CYCLING--Robb 6:00 pm HIIT!--Rochelle</p>	<p><b>13</b> 6:30 RISING FLOW YOGA--Erin 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™-- Angie R</p>	<p><b>14</b> 1:30 LUNCHTIME YOGA--Erin</p>	<p><b>15</b> 6:30 RISING FLOW YOGA--Erin 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW--Kent</p>	<p><b>16</b> 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p><b>17</b> 8:15 RPM™--Angie R 9:30 PILATES--Richard</p>
<p><b>18</b></p>	<p><b>19</b> 12:00 CYCLING--Robb 6:00 pm HIIT!--Kristina</p>	<p><b>20</b> 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™--Angie R</p>	<p><b>21</b> 1:30 LUNCHTIME YOGA--DeAnn</p>	<p><b>22</b> 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW--Kent</p>	<p><b>23</b> 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p><b>24</b> <b>Club Hours: 7am-4pm</b></p>
<p><b>25</b> Clubs Closed</p>	<p><b>26</b> 12:00 CYCLING--Robb 6:00 pm HIIT!--Kristina</p>	<p><b>27</b> 9:00 PILATES--Kristina 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Darrin</p>	<p><b>28</b> 1:30 LUNCHTIME YOGA--DeAnn</p>	<p><b>29</b> 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW--Kent</p>	<p><b>30</b> 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p><b>31</b> <b>Club Hours: 7am-6pm</b> 8:15 RPM™--Sean</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></p> <p>All group fitness classes are free to members unless marked (fee)</p> <p>Stop by any Service Desk to register and pay fee or call 526-8652.</p>				<p>1</p> <p>5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION &amp; SOLE TRAINING--Angie A 6:00 BODYPUMP® 45--Ely</p>	<p>2</p> <p>9:00 BODYPUMP®--Angie R 10:00 AQUA B.A.S.I.C.45--DeAnn 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT &amp; STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie</p>	<p>3</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>4</p> <p>2:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio</p>	<p>5</p> <p>8:30 STEP--Laurie 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 4:45 GRIT™ Cardio--Rachel 5:30 BODYJAM® 30--Dayne 6:00 STEP &amp; STRENGTH--Dayne</p>	<p>6</p> <p>5:30 GRIT™ Athletic--Stephanie 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 9:00 BODYPUMP®--Tommi 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP® 45--Janelle 7:00 ZUMBA!--Sergio</p>	<p>7</p> <p>8:30 STEP--Laurie 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 4:45 GRIT™ Strength--Rachel</p>	<p>8</p> <p>5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION --Angie A 6:00 BODYPUMP® 45--Angie R</p>	<p>9</p> <p>9:00 BODYPUMP®--Angie R 10:00 AQUA B.A.S.I.C.45--DeAnn 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT &amp; STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie</p>	<p>10</p> <p>8:15 UNWIND YOGA--Erin 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>11</p> <p>2:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio</p>	<p>12</p> <p>8:30 STEP--Laurie 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--DeAnn 4:45 GRIT™ Cardio--Rachel 5:30 BODYJAM® 30--Dayne 6:00 STEP &amp; STRENGTH--Dayne</p>	<p>13</p> <p>5:30 GRIT™ Athletic--Stephanie 7:45 FLEX-ABILITY+CORE--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 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Sergio</p>	<p>14</p> <p>8:30 STEP--Laurie 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--Michael 4:45 GRIT™ Strength--Rachel</p>	<p>15</p> <p>5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Ely</p>	<p>16</p> <p>9:00 Bodypump-Angie R 10:00 AQUA B.A.S.I.C. 45--DeAnn 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT &amp; STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie</p>	<p>17</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie 1:00 Step into the Holidays! --Dayne</p>
<p>18</p> <p>2:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio</p>	<p>19</p> <p>8:30 STEP--Laurie 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 PEACEFUL YOGA--Carol 4:45 GRIT™ Cardio--Rachel 5:30 BODYJAM® 30--Dayne 6:00 STEP &amp; STRENGTH--Dayne</p>	<p>20</p> <p>5:30 GRIT™ Cardio --Stephanie 7:45 FLEX-ABILITY+CORE--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 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Sergio</p>	<p>21</p> <p>8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30--Laurie 11:00 M &amp; S 50--Julie 4:45 GRIT™ Strength--Rachel</p>	<p>22</p> <p>5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Kent 4:45 BARRE FUSION--Angie A</p>	<p>23</p> <p>9:00 Bodypump-Janelle 10:00 AQUA B.A.S.I.C. 45--DeAnn 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT &amp; STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie</p>	<p>24</p> <p><b>Club Hours: 7am-4pm</b></p> <p>8:15 PEACE, LOVE, YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>25</p> <p><b>Clubs Closed</b></p>	<p>26</p> <p>8:30 STEP--Angie 10:00 AQUA B.A.S.I.C. 45--Julie 11:00 M &amp; S 50--Julie 12:15 LUNCHTIME YOGA--Carol</p>	<p>27</p> <p>5:30 GRIT™ Cardio--Stephanie 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 9:00 BODYPUMP® --Tommi 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Kent 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP® 45--Ely</p>	<p>28</p> <p>8:30 Step--Angie 10:00 AQUA B.A.S.I.C. 45--Julie 11:00 M &amp; S 50--Julie 12:15 JOYFUL YOGA--Carol 4:45 GRIT™ Strength--Rachel</p>	<p>29</p> <p>5:30 GRIT™ Strength --Stephanie 7:45 FLEX-ABILITY+CORE--Julie 8:45 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Kent 4:45 BARRE FUSION--Angie A</p>	<p>30</p> <p>9:00 BODYPUMP® --Angie R 10:00 AQUA B.A.S.I.C. 45--DeAnn 10:30 Beg Step 30- Carol 11:30 MOVEMENT &amp; STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie</p>	<p>31</p> <p><b>Club Hours: 7am-4pm</b></p> <p>8:15 HOPEFUL YOGA--Carol 10:45 FLEX-ABILITY+CORE--Julie</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;"><b>Group Fitness schedule also available at flagstaffathleticclub.com</b></p> <p style="text-align: center;">All group fitness classes are free to members unless marked (fee) Stop by any Service Desk to register and pay fee or call 526-8652.</p>				<p>1</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie</p>	<p>2</p> <p>9:00 TRX FULL BODY TRAINING --Robb 10:15 ZUMBA!--Kate 12:00 PILATES--Richard</p>	<p>3</p>
<p>4</p>	<p>5</p> <p>8:45 PILATES--Richard</p>	<p>6</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb</p>	<p>7</p> <p>8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules</p>	<p>8</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie</p>	<p>9</p> <p>9:00 TRX FULL BODY TRAINING --Robb 10:15 ZUMBA!--Kate 12:00 PILATES--Richard</p>	<p>10</p>
<p>11</p>	<p>12</p> <p>8:45 PILATES--Richard</p>	<p>13</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 6:00 TRX FULL BODY TRAINING --Robb</p>	<p>14</p> <p>8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules</p>	<p>15</p> <p>5:30am RPM--Angie 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie/DeAnn</p>	<p>16</p> <p>9:00 TRX FULL BODY TRAINING --Robb 10:15 ZUMBA!--Kate 12:00 PILATES--Richard</p>	<p>17</p>
<p>18</p>	<p>19</p> <p>8:45 PILATES--Richard</p>	<p>20</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb</p>	<p>21</p> <p>8:45 PILATES--Angie 11:00 BODYJAM® 45--Jules</p>	<p>22</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie</p>	<p>23</p> <p>9:00 TRX FULL BODY TRAINING --Robb 10:15 ZUMBA!--Sergio 12:00 PILATES--Kristina</p>	<p>24</p> <p><b>Club Hours: 7am-4pm</b></p>
<p>25</p> <p><b>Clubs Closed</b></p>	<p>26</p>	<p>27</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Ali 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb</p>	<p>28</p> <p>8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules</p>	<p>29</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Ali 10:45 BODY GROOVE- DeAnn</p>	<p>30</p> <p>9:00 TRX FULL BODY TRAINING --Robb 10:15 ZUMBA!--Kate 12:00 PILATES--Richard</p>	<p>31</p> <p><b>Club Hours: 7am-6pm</b></p>