

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 5:30 BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 DANCE PARTY-- Carol 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Tommi	<b>2</b>  9:00 BODYPUMP®—Rock 5:15 Cycling 30- Darrin 6:00 BODYPUMP® —Angie R	<b>3</b> 5:30am BODYPUMP®— Tommi 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	<b>4</b> 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean
<b>5</b>  3:00 SUNDAY YOGA—Carol	<b>6</b> 5:30am BARBELL STRENGTH-Ali 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean	<b>7</b>  9:00 BODYPUMP®—Rock	<b>8</b> 5:30 BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle	<b>9</b>  9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean	<b>10</b> 5:30am BODYPUMP® 50- Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	<b>11</b> 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean
<b>12</b>  3:00 SUNDAY YOGA-- Shelbi	<b>13</b> 5:30am BARBELL STRENGTH-Ali 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean	<b>14</b>  9:00 BODYPUMP®—Rock	<b>15</b> 5:30 BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES LOVE 45 --Kristina 5:30 BODYCOMBAT®--Janelle	<b>16</b>  9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean	<b>17</b> 5:30am BODYPUMP® 50--Tommi 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	<b>18</b> 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean
<b>19</b>  3:00 SUNDAY YOGA—Shelbi	<b>20</b> 5:30am BARBELL STRENGTH-Ali 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean	<b>21</b>  9:00 BODYPUMP®—Rock	<b>22</b> 5:30 BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle	<b>23</b>  9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean	<b>24</b> 5:30am BODYPUMP® 50-Tommi 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	<b>25</b> 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean
<b>26</b>  3:00 SUNDAY YOGA—Shelbi	<b>27</b> 5:30am BARBELL STRENGTH-Ali 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® 45--Janelle	<b>28</b>  9:00 BODYPUMP®—Rock	<p><b>Group Fitness schedule also available at</b>  <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a></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.                      *Class held in the West Indoor Pool</p>			

FEBRUARY 2023

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1:30 LUNCHTIME YOGA--Erin	2 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kent	3 1:30 LUNCHTIME YOGA--Erin 5:30 pm FRIDAY FULL PSYCLE --Darrin	4 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard
5	6 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Erin 6:00 pm HIIT! - Kristina	7 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Angie R 6:15 VINYASA FLOW-Kent	8 1:30 LUNCHTIME YOGA--Erin	9 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kent	10 1:30 LUNCHTIME YOGA--Kristen 5:30 pm FRIDAY FULL PSYCLE --Darrin	11 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard
12	13 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Shelbi 6:00 pm HIIT!--Kristina	14 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™-- Angie R 6:15 VINYASA FLOW-Kent	15 1:30 LUNCHTIME YOGA--Erin	16 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kent	17 1:30 LUNCHTIME YOGA--Erin 5:30 pm FRIDAY FULL PSYCLE --Darrin	18 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard
19	20 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Erin 6:00 pm HIIT!--Kristina	21 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™--Angie R 6:15 VINYASA FLOW-Kent	22 1:30 LUNCHTIME YOGA--Erin	23 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Erin	24 1:30 LUNCHTIME YOGA--Erin 5:15 RPM™--Angie R	25 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard
26	27 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Erin 6:00 pm HIIT!--Kristina	28 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Angie R 6:15 VINYASA FLOW-Kent	<p><b>Group Fitness schedule also available at</b>  <b>flagstaffathleticclub.com</b>                      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>			

FEBRUARY 2023

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1			1 5:30 GRIT™ Strength--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45--DeAnn 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 4:45 GRIT™ Strength--Rachel 5:30 Power Yoga-- Shelbi	2 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION & SOLE TRAINING--Angie A 6:00 BODYPUMP® 45--Ely	3 9:00 BODYPUMP®--Angie R 10:00 AQUA B.A.S.I.C.45--DeAnn 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 4:00 YOGA FUNDAMENTALS--DeAnn	4 8:15 UNWIND YOGA--Carol 9:30 DANCE PARTY--Carol 10:45 FLEX-ABILITY+CORE--Julie	
5 2:45 SOULfusion--Angie A	6 5:30 GRIT™ Athletic--Stephanie 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 4:45 GRIT™ Cardio--Rachel 5:30 BODYJAM® 30--Dayne 6:00 STEP & STRENGTH	7 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 100's--Angie A 6:00 BODYPUMP® 45--Ely 7:15 BODYGROOVE--DeAnn	8 5:30 GRIT™ Strength--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45--DeAnn 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 4:45 GRIT™ Strength--Rachel 5:30 Power Yoga-- Shelbi	9 7:45 FLEX-ABILITY+CORE--Julie 9:00 KICKBOXING--Ali 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION --Angie 6:00 BODYPUMP® 45--Ely	10 9:00 BODYPUMP®--Angie R 10:00 AQUA B.A.S.I.C.45--DeAnn 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 4:00 YOGA FUNDAMENTALS--DeAnn	11 8:15 UNWIND YOGA--Carol 9:30 DANCE PARTY--Carol 10:45 FLEX-ABILITY+CORE--Julie	
12 2:45 SOULfusion--Angie A	13 5:30 GRIT™ Cardio--Stephanie 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 4:45 GRIT™ Cardio--Rachel 5:30 BODYJAM® 30--Dayne 6:00 STEP & STRENGTH--Dayne	14 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 7:15 BODYGROOVE -- DeAnn	15 5:30 GRIT™ Strength--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45--DeAnn 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 4:45 GRIT™ Strength--Rachel 5:30 Power Yoga--Shelbi	16 7:45 FLEX-ABILITY+CORE--Julie 9:00 KICKBOXING--Ali 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	17 9:00 Bodypump-Angie R 10:00 AQUA B.A.S.I.C. 45--DeAnn 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie 4:00 YOGA FUNDAMENTALS--DeANN	18 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie	
19 2:45 SOULfusion--Angie A	20 5:30 GRIT™ Cardio--Stephanie 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45--DeAnn 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 4:45 GRIT™ Cardio--Rachel 5:30 BODYJAM® 30--Dayne 6:00 STEP & STRENGTH--Dayne	21 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 7:15 BODYGROOVE--DeAnn	22 5:30 GRIT™ Strength--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45--DeAnn 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 4:45 GRIT™ Strength--Kristi 5:30 Power Yoga--Shelbi	23 7:45 FLEX-ABILITY+CORE--Julie 9:00 KICKBOXING--Ali 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	24 9:00 Bodypump-Angie R 10:00 AQUA B.A.S.I.C. 45--DeAnn 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie 4:00 YOGA FUNDAMENTALS--DeAnn	25 8:15 UNWIND YOGA--Shelbi 9:30 ZUMBA!--TBD 10:45 FLEX-ABILITY+CORE--Julie	
26 2:45 SOULfusion--Angie A	27 5:30 GRIT™ Athletic--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 4:45 GRIT™ Cardio--Rachel 5:30 BODYJAM® 30--Jules 6:00 STEP & STRENGTH--Laurie	28 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 7:15 BODYGROOVE-- DeAnn	<p><b>Group Fitness schedule also available at</b>  <b>flagstaffathleticclub.com</b>                      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>				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 11:00 BODYJAM® 45--Jules	2 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie	3 10:15 ZUMBA!--Kate 12:00 PILATES--Richard	4
5	6 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 5:30pm Evening Yoga-DeAnn	7 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	8 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 11:00 BODYJAM® 45--Jules	9 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie	10 10:15 DANCE PARTY--Carol 12:00 PILATES--Richard	11
12	13 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 5:30pm Evening Yoga-Shelbi	14 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	15 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 11:00 BODYJAM® 45--Jules	16 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	17 10:15 ZUMBA!--Kate 12:00 PILATES--Richard	18
19	20 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 5:30pm Evening Yoga-DeAnn	21 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	22 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 11:00 BODYJAM® 45--Jules	23 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	24 10:15 ZUMBA!--Kate 12:00 PILATES--Richard	25
26	27 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 5:30pm Evening Yoga-Shelbi	28 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	<p><b>Group Fitness schedule also available at</b>  <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>                      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>			