



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">Group Fitness schedule also available at flagstaffathleticclub.com</p> <p style="text-align: center;">All group fitness classes are free to members.</p> <p style="text-align: center;">Schedule published on 1/30/25. Check the app or call any Service Desk at 779-4593 for most up to date information.</p>						<p>1</p> <p>8:15 BODYCOMBAT® — Janelle</p> <p>9:30 BODYPUMP® —Janelle/Sean</p> <p>11:00 SILVER FITNESS- Maya</p>
<p>2</p> <p>4:15 SUNDAY YOGA—Erin</p>	<p>3 5:30am BARBELL STRENGTH-Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi 1:00 LUNCHTIME YOGA--Tatiana 4:15 BARRE FUSION 45--Carly 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean</p>	<p>4</p> <p>5:30 HIIT!-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 11:30 SILVER YOGA--Jan 4:45 HIIT--Maya 5:30 EVENING YOGA--Tatiana 6:45 BODYCOMBAT®--Nicole</p>	<p>5</p> <p>5:30 BODYPUMP®—Tommi 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 —Mickella 5:30 BODYCOMBAT®--Janelle</p>	<p>6</p> <p>5:30 HIIT!-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle</p>	<p>7</p> <p>5:30 BODYPUMP® - Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p>8</p> <p>8:15 BODYCOMBAT® — Janelle</p> <p>9:30 BODYPUMP® —Janelle/Sean</p> <p>11:00 SILVER FITNESS- Jan</p>
<p>9</p> <p>4:15 SUNDAY YOGA—Erin</p>	<p>10 5:30 BARBELL STRENGTH-Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi 1:00 LUNCHTIME YOGA--Tatiana 4:15 BARRE FUSION 45---Carly 5:15 SPRINT™--Sean/Janelle 6:00 BODYPUMP® 45-Sean/Janelle</p>	<p>11</p> <p>5:30 HIIT!-Ali 9:00 BODYPUMP®—Ely 10:30 SILVER FITNESS--Jan 11:30 SILVER YOGA--Jan 4:45 HIIT--Maya 5:30 EVENING YOGA--Tatiana 6:45 BODYCOMBAT®--Nicole</p>	<p>12</p> <p>5:30 BODYPUMP®—Tommi 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Ely 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 —Mickella 5:30 BODYCOMBAT®--Janelle</p>	<p>13</p> <p>5:30 HIIT!-Ali 9:00 BODYPUMP®—Ely 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle</p>	<p>14</p> <p>5:30 BODYPUMP® --Tommi</p> <p>VALENTINES PUNCH+PUMP 9:00 BODYCOMBAT®--Tommi/Ely 10:15 BODYPUMP®--Ely/Tommi</p>	<p>15</p> <p>8:15 BODYCOMBAT® — Janelle</p> <p>9:30 BODYPUMP® —Janelle/Sean</p> <p>11:00 SILVER FITNESS- Jan</p>
<p>16</p> <p>4:15 SUNDAY YOGA—Erin</p>	<p>17 5:30 BARBELL STRENGTH-Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi 1:00 LUNCHTIME YOGA--Tatiana 4:15 BARRE FUSION 45---Jan 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean</p>	<p>18</p> <p>5:30 HIIT!-Ali 9:00 BODYPUMP®—Ely 10:30 SILVER FITNESS--Jan 11:30 SILVER YOGA--Jan 4:45 HIIT--Maya 5:30 EVENING YOGA--Tatiana 6:45 BODYCOMBAT®--Nicole</p>	<p>19</p> <p>5:30 BODYPUMP®—Tommi 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Ely 10:15 ZUMBA!--Kate 4:15 BARRE FUSION 45 —Angie A 5:30 BODYCOMBAT®--Janelle</p>	<p>20</p> <p>5:30 HIIT!-Ali 9:00 BODYPUMP®—Ely 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle</p>	<p>21</p> <p>5:30 BODYPUMP® --Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p>22</p> <p>8:15 BODYCOMBAT® — Janelle</p> <p>9:30 BODYPUMP® —Janelle/Sean</p> <p>11:00 SILVER FITNESS- Maya</p>
<p>23</p> <p>4:15 SUNDAY YOGA—Erin</p>	<p>24 5:30 BARBELL STRENGTH--Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi 1:00 LUNCHTIME YOGA--Tatiana 4:15 BARRE FUSION 45---Carly 5:15 SPRINT™--Janelle/Sean 6:00BODYPUMP® 45--Janelle/Sean</p>	<p>25</p> <p>5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 11:30 SILVER YOGA--Jan 4:45 HIIT--Maya 5:30 EVENING YOGA--Tatiana 6:45 BODYCOMBAT®--Nicole</p>	<p>26</p> <p>5:30 BODYPUMP®—Tommi 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 —Angie A 5:30 BODYCOMBAT®--Janelle</p>	<p>27</p> <p>5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle</p>	<p>28</p> <p>5:30 BODYPUMP® --Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	

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<p>2 11:00 ALIGN&FLOW --kerry 12:15 PILATES--Kerry</p>	<p>3 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb</p>	<p>4 9:00 PILATES FUSION--Jan 10:15 RPM--Rock 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 5:15 RPM™ --Angie R</p>	<p>5 5:30 RPM--Sean 9:00 WISDOM YOGA--Wendy 1:00 LUNCHTIME YOGA--Tatiana 5:30 PILATES--Richard</p>	<p>6 9:00 PILATES FUSION--Jan 10:15 CYCLING--Ali 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 6:00 EVENING YOGA--Tatiana</p>	<p>7 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>8 8:15 RPM™-Sean/Angie R 9:30 PILATES--Richard</p>
<p>9 11:00 ALIGN&FLOW YOGA --Carly 12:15 PILATES--Carly</p>	<p>10 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb</p>	<p>11 9:00 PILATES FUSION-- Jan 10:15 RPM--Ely 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 5:15 RPM™-- Angie R</p>	<p>12 5:30 RPM--Sean 9:00 WISDOM YOGA--Wendy 1:00 LUNCHTIME YOGA--Tatiana 5:30 PILATES--Richard</p>	<p>13 9:00 PILATES FUSION--Jan 10:15 CYCLING--Ali 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 6:00 EVENING YOGA--Tatiana</p>	<p>14 9:00 YIN YOGA--Jan Sweetheart Special 4:30 BODYPUMP45--Kerry 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>15 8:15 RPM™--Sean 9:30 PILATES--Richard</p>
<p>16 11:00 ALIGN&FLOW YOGA --Kerry 12:15 PILATES--Kerry</p>	<p>17 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb</p>	<p>18 9:00 PILATES FUSION-- Jan 10:15 RPM--Ely 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 5:15 RPM™ --Sean</p>	<p>19 5:30 CYCLING--Sean 9:00 WISDOM YOGA--Wendy 1:00 LUNCHTIME YOGA--Tatiana 5:30 PILATES--Richard</p>	<p>20 9:00 PILATES FUSION--Jan 10:15 CYCLING--Ali 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 6:00 EVENING YOGA--Tatiana</p>	<p>21 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>22 8:15 RPM™--Sean 9:30 PILATES--Richard</p>
<p>23 11:00 ALIGN&FLOW YOGA --Carly 12:15 PILATES--Carly</p>	<p>24 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb</p>	<p>25 9:00 PILATES FUSION-- Jan 10:15 RPM--Rock 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 5:15 RPM™ --Darrin</p>	<p>26 5:30 CYCLING--Sean 9:00 WISDOM YOGA--Wendy 1:00 LUNCHTIME YOGA--Tatiana 5:30 PILATES--Richard</p>	<p>27 9:00 PILATES FUSION--Jan 10:15 CYCLING--Ali 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 6:00 EVENING YOGA--Tatiana</p>	<p>28 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	

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<p>2 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:45 BODYBALANCE--Angie R 4:00 LM DANCE--Kerry</p>	<p>3 5:30 GRIT Athletic-Stephanie 8:30 STEP—Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 ZUMBA!-- Mickella</p>	<p>4 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 7:00 ZUMBA!--Berta</p>	<p>5 5:30 GRIT Strength--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 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana</p>	<p>6 7:45 FLEX-ABILITY+CORE--Julie 9:00 BODYCOMBAT®--Nicole 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--Jules 7:00 ZUMBA!--Berta</p>	<p>7 9:00 BODYPUMP®--Angie R 10:00 AQUA B.A.S.I.C.45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	<p>8 8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE!--Carol 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>9 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP--Ely 2:45 BODYBALANCE--Angie R 4:00 LM DANCE--Kerry</p>	<p>10 5:30 GRIT™ Athletic--Stephanie 8:30 STEP—Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 5:30 ZUMBA!--Mickella</p>	<p>11 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!--Berta</p>	<p>12 5:30 GRIT™ Strength--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 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana</p>	<p>13 7:45 FLEX-ABILITY+CORE--Julie 9:00 BODYCOMBAT®--Nicole 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 LOVE at the BARRE--Angie A/Ely 6:00 BODYPUMP® 45--Jules 7:00 ZUMBA!--Berta</p>	<p>14 9:00 BODYPUMP® Sweetheart vs Dagger to the Heart --Angie R/Jules 10:00 AQUA B.A.S.I.C.45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	<p>15 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>16 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:15 KUNDALINI YOGA and LAYA MEDITATION--Angie Allen 4:00 LM DANCE--Kerry</p>	<p>17 5:30 GRIT™ Cardio--Stephanie 8:30 STEP—Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 5:30 LATIN DANCE!--Carol</p>	<p>18 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--Ely 7:00 ZUMBA!--Berta</p>	<p>19 5:30 GRIT™ Strength--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 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana</p>	<p>20 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYCOMBAT®--Nicole 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Jules 7:00 ZUMBA!--Berta</p>	<p>21 9:00 BODYPUMP®--Jules 10:00 AQUA B.A.S.I.C.45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	<p>22 8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE!--Carol 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>23 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:45 SOULFUSION--Angie A 4:00 LM DANCE--Kerry</p>	<p>24 5:30 GRIT Cardio-Stephanie 8:30 STEP—Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 5:30 ZUMBA!--Mickella</p>	<p>25 7:45 FLEX-ABILITY+CORE—Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP®--Ely 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 STARRE--Angie A 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Berta</p>	<p>26 5:30 GRIT™ Strength--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 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana</p>	<p>27 7:45 FLEX-ABILITY+CORE--Julie 9:00 BODYCOMBAT®--Nicole 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Jules 7:00 ZUMBA!--Berta</p>	<p>28 9:00 BODYPUMP®--Jules 10:00 AQUA B.A.S.I.C.45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	

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2	<p>3</p> <p>9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard</p>	<p>4</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE--Carol</p>	<p>5</p> <p>9:00 TRX FULL BODY TRAINING --Robb 11:00 LES MILLS DANCE® --Jules</p>	<p>6</p> <p>5:30am CYCLEFIT--Rochelle 8:00 BODYBALANCE--Tommi 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE --Laurie</p>	<p>7</p> <p>9:00 PRECISION TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate</p>	8
9	<p>10</p> <p>9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard</p>	<p>11</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE 'n GROOVE--Carol</p>	<p>12</p> <p>9:00 TRX FULL BODY TRAINING --Robb 11:00 LOVE, DANCE, and GROOVE--Jules/Laurie</p>	<p>13</p> <p>5:30am CYCLEFIT--Rochelle 8:00 BODYBALANCE--Tommi 9:15 CYCLING—Laurie 10:45 MOVE 'n GROOVE--Laurie</p>	<p>14</p> <p>9:00 PRECISION TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate</p>	15
16	<p>17</p> <p>9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard</p>	<p>18</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE--Carol</p>	<p>19</p> <p>9:00 TRX FULL BODY TRAINING --Robb 11:00 LES MILLS DANCE® --Jules</p>	<p>20</p> <p>5:30am CYCLEFIT--Rochelle 8:00 BODYBALANCE--Tommi 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE--Laurie</p>	<p>21</p> <p>9:00 PRECISION TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate</p>	22
23	<p>24</p> <p>9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard</p>	<p>25</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE--Carol</p>	<p>26</p> <p>9:00 TRX FULL BODY TRAINING --Robb 11:00 LES MILLS DANCE® --Jules</p>	<p>27</p> <p>5:30am CYCLEFIT--Rochelle 8:00 BODYBALANCE--Tommi 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE--Laurie</p>	<p>28</p> <p>9:00 PRECISION TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate</p>	