

# GROUP FITNESS, MAIN ROOM - EAST

## JANUARY 2019

## Flagstaff Athletic Club

| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  |
|--|--|---|---|--|---|---|
|  |  | <b>1</b><br><b>HAPPY NEW YEAR!</b><br>Club Hours 7 am - 8 pm<br><br>10 30 minute classes in West Main & Diamond Room from 10 am - 1 pm  | <b>2</b> 5:15am GRIT™(C)—Kristi<br>6:00 BODYPUMP®—Angie R<br>8:30 STEP—Laurie<br>9:00 AQUA TABATA—Danyelle<br>10:00 AQUA B.A.S.I.C.--Julie<br>10:00 BEG STEP 45—Laurie<br>11:00 M & S—Julie<br>12:15 LUNCHTIME YOGA--Ken<br>4:30 BODYPUMP®--Kristi<br>5:45 JUST WEIGHT--Carol     | <b>3</b><br>5:45 am willPower Method®---Lisa<br>8:00 FLEX-ABILITY+ CORE—Julie<br>9:00 AQUA TABATA--Danyelle<br>9:15 BODYPUMP®—Dawn<br>10:30 SilverSneakers® CLASSIC—Julie<br>12:15 LUNCHTIME YOGA--Michael<br>5:00 GRIT™(S)—Taylor<br>5:45 STRETCH & FLOW YOGA--Michael<br>7:00 ZUMBA!--Luis | <b>4</b> 5:15am GRIT™(S)—Kristi<br>8:00 UNWIND YOGA 45--Carol<br>9:00 H2O CARDIO PARTY—Danyelle<br>9:00 BODYPUMP®—Angie R<br>10:00 AQUA B.A.S.I.C.--Julie<br>10:15 BEG STEP 30--Laurie<br>11:00 MOVEMENT & STRENGTH--Julie<br>12:15 LUNCHTIME YOGA--Carol<br>5:30 HAPPY HOUR--Rochelle  | <b>5</b><br>8:15 UNWIND YOGA--Carol<br>9:30 ZUMBA!--Agnes<br>10:45 STRETCH & FLOW YOGA<br>--Maggie      |
| <b>6</b><br>12:30 BODYPUMP®--Ely<br>2:00 BARRE ABOVE--Angie A<br>4:15 SUNDAY ZUMBA PARTY!<br>--Sergio                          | <b>7</b> 5:15am GRIT™(P)—Kristi<br>6:00 BODYPUMP® 45—Angie R<br>8:30 STEP—Laurie<br>9:00 H2O CARDIO—Danyelle<br>10:00 AQUA B.A.S.I.C.--Julie<br>10:00 BEG STEP 45—Laurie<br>11:00 M & S--Julie<br>12:15 LUNCHTIME YOGA--Ken<br>4:30 BODYPUMP®--Bianca<br>5:45 PIYO--Agnes  | <b>8</b> 5:45 am willPower Method®---Lisa<br>8:00 FLEX-ABILITY+ CORE—Julie<br>9:00 AQUA TABATA--Danyelle<br>9:15 BODYPUMP®—Ely<br>10:30 SilverSneakers® CLASSIC—Julie<br>12:15 LUNCHTIME YOGA--Michael<br>5:00 GRIT™(C)—Taylor<br>5:45 STRETCH & FLOW YOGA--Michael<br>7:00 ZUMBA!--Luis              | <b>9</b> 5:15am GRIT™(C)—Kristi<br>6:00 BODYPUMP®—Angie R<br>8:30 STEP—Laurie<br>9:00 AQUA TABATA—Danyelle<br>10:00 AQUA B.A.S.I.C.--Julie<br>10:00 BEG STEP 45—Laurie<br>11:00 M & S—Julie<br>12:15 LUNCHTIME YOGA--Ken<br>4:30 BODYPUMP®--Kristi<br>5:45 JUST WEIGHT--Carol     | <b>10</b> 5:45 am willPower Method®---Lisa<br>8:00 FLEX-ABILITY+ CORE—Julie<br>9:00 AQUA TABATA--Danyelle<br>9:15 BODYPUMP®—Dawn<br>10:30 SilverSneakers® CLASSIC—Julie<br>12:15 LUNCHTIME YOGA--Michael<br>5:00 GRIT™(S)—Taylor<br>5:45 STRETCH & FLOW YOGA--Michael<br>7:00 ZUMBA!--Luis   | <b>11</b> 5:15am GRIT™(S)—Kristi<br>8:00 UNWIND YOGA 45--Carol<br>9:00 H2O CARDIO—Danyelle<br>9:00 BODYPUMP®—Angie R<br>10:00 AQUA B.A.S.I.C.--Julie<br>10:15 BEG STEP 30--Laurie<br>11:00 MOVEMENT & STRENGTH--Julie<br>12:15 LUNCHTIME YOGA--Michael<br>5:30 HAPPY HOUR--Rochelle     | <b>12</b><br>8:15 UNWIND YOGA--Carol<br>9:30 ZUMBA!--Carol<br>10:45 STRETCH & FLOW YOGA<br>--Michael    |
| <b>13</b><br>12:30 BODYPUMP® LAUNCH<br>--Marney/Angie R<br><br>2:00 BARRE ABOVE--Angie A<br>4:15 SUNDAY ZUMBA PARTY!<br>--Luis | <b>14</b> 5:15am GRIT™(P)—Kristi<br>6:00 BODYPUMP® 45—Angie R<br>8:30 STEP—Laurie<br>9:00 H2O CARDIO—Danyelle<br>10:00 AQUA B.A.S.I.C.--Julie<br>10:00 BEG STEP 45—Laurie<br>11:00 M & S--Julie<br>12:15 LUNCHTIME YOGA--Ken<br>4:30 BODYPUMP®--Marney<br>5:45 PIYO--Agnes | <b>15</b> 5:45 am willPower Method®---Lisa<br>8:00 FLEX-ABILITY+ CORE—Julie<br>9:00 AQUA TABATA--Danyelle<br>9:15 BODYPUMP®—Ely<br>10:30 SilverSneakers® CLASSIC—Julie<br>12:15 LUNCHTIME YOGA--Michael<br>5:00 GRIT™ LAUNCH--Taylor/Kristi<br>5:45 STRETCH & FLOW YOGA--Michael<br>7:00 ZUMBA!--Luis | <b>16</b> 5:15am GRIT™(C)—Kristi<br>6:00 BODYPUMP®—Angie R<br>8:30 STEP—Laurie<br>9:00 AQUA TABATA—Danyelle<br>10:00 AQUA B.A.S.I.C.--Julie<br>10:00 BEG STEP 45—Laurie<br>11:00 M & S—Julie<br>12:15 LUNCHTIME YOGA--Ken<br>4:30 BODYPUMP®--Kristi<br>5:45 JUST WEIGHT--Carol    | <b>17</b> 5:45 am willPower Method®---Lisa<br>8:00 FLEX-ABILITY+ CORE—Julie<br>9:00 AQUA TABATA--Danyelle<br>9:15 BODYPUMP®—Dawn<br>10:30 SilverSneakers® CLASSIC—Julie<br>12:15 LUNCHTIME YOGA--Michael<br>5:00 GRIT™(S)—Taylor<br>5:45 STRETCH & FLOW YOGA--Michael<br>7:00 ZUMBA!--Luis   | <b>18</b> 5:15am GRIT™(S)—Kristi<br>8:00 UNWIND YOGA 45--Carol<br>9:00 H2O CARDIO PARTY—Danyelle<br>9:00 BODYPUMP®—Angie R<br>10:00 AQUA B.A.S.I.C.--Julie<br>10:15 BEG STEP 30--Laurie<br>11:00 MOVEMENT & STRENGTH--Julie<br>12:15 LUNCHTIME YOGA--Carol<br>5:30 HAPPY HOUR--Rochelle | <b>19</b><br>8:15 UNWIND YOGA--Carol<br>9:30 ZUMBA!--Carol<br>10:45 STRETCH & FLOW YOGA<br>--Maggie     |
| <b>20</b><br>12:30 BODYPUMP® --Angie R<br>2:00 BARRE ABOVE--Angie A<br>4:15 SUNDAY ZUMBA PARTY!<br>--Sergio                    | <b>21</b> 6:00 BODYPUMP® 45—Angie R<br>8:30 STEP—Laurie<br>9:00 H2O CARDIO—Danyelle<br>10:00 AQUA B.A.S.I.C.--Julie<br>10:00 BEG STEP 45—Laurie<br>11:00 M & S--Julie<br>12:15 LUNCHTIME YOGA--Ken<br>4:30 BODYPUMP®--Marney<br>5:45 PIYO--Agnes                           | <b>22</b> 5:45 am willPower Method®---Lisa<br>8:00 FLEX-ABILITY+ CORE—Julie<br>9:00 AQUA TABATA--Danyelle<br>9:15 BODYPUMP®—Ely<br>10:30 SilverSneakers® CLASSIC—Julie<br>12:15 LUNCHTIME YOGA--Michael<br>5:00 GRIT™(C)—Taylor<br>5:45 STRETCH & FLOW YOGA--Michael<br>7:00 ZUMBA!--Luis             | <b>23</b> 5:15am GRIT™(C)—Kristi<br>6:00 BODYPUMP®—Angie R<br>8:30 STEP—Laurie<br>9:00 AQUA TABATA—Danyelle<br>10:00 AQUA B.A.S.I.C.--Julie<br>10:00 BEG STEP 45—Laurie<br>11:00 M & S—Julie<br>12:15 LUNCHTIME YOGA--Ken<br>4:30 BODYPUMP®--Kristi<br>5:45 JUST WEIGHT--Rochelle | <b>24</b> 5:45 am willPower Method®---Lisa<br>8:00 FLEX-ABILITY+ CORE—Julie<br>9:00 AQUA TABATA--Danyelle<br>9:15 BODYPUMP®—Dawn<br>10:30 SilverSneakers® CLASSIC—Julie<br>12:15 LUNCHTIME YOGA--Michael<br>5:00 GRIT™(S)—Taylor<br>5:45 STRETCH & FLOW YOGA--Anni<br>7:00 ZUMBA!--Luis      | <b>25</b> 5:15am GRIT™(S)—Kristi<br>8:00 UNWIND YOGA 45--Ann<br>9:00 H2O CARDIO PARTY—Danyelle<br>9:00 BODYPUMP®—Angie R<br>10:00 AQUA B.A.S.I.C.--Julie<br>10:15 BEG STEP 30--Laurie<br>11:00 MOVEMENT & STRENGTH--Julie<br>12:15 LUNCHTIME YOGA--Michael<br>5:30 HAPPY HOUR--Rochelle | <b>26</b><br>8:15 PILATESBASICS--Flower<br>9:30 ZUMBA!--Agnes<br>10:45 STRETCH & FLOW YOGA<br>--Michael |
| <b>27</b><br>12:30 BODYPUMP®--Janelle<br>2:00 BARRE ABOVE--Angie A<br>4:15 SUNDAY ZUMBA PARTY!<br>--Luis                       | <b>28</b> 5:15am GRIT™(P)—Kristi<br>6:00 BODYPUMP® 45—Angie R<br>8:30 STEP—Laurie<br>9:00 H2O CARDIO—Danyelle<br>10:00 AQUA B.A.S.I.C.--Julie<br>10:00 BEG STEP 45—Laurie<br>11:00 M & S--Julie<br>12:15 LUNCHTIME YOGA--Ken<br>4:30 BODYPUMP®--Bianca<br>5:45 PIYO--Agnes | <b>29</b> 5:45 am willPower Method®---Lisa<br>8:00 FLEX-ABILITY+ CORE—Julie<br>9:00 AQUA TABATA--Danyelle<br>9:15 BODYPUMP®—Ely<br>10:30 SilverSneakers® CLASSIC—Julie<br>12:15 LUNCHTIME YOGA--Michael<br>5:00 GRIT™(C)—Taylor<br>5:45 STRETCH & FLOW YOGA--Michael<br>7:00 ZUMBA!--Luis             | <b>30</b> 5:15am GRIT™(C)—Kristi<br>6:00 BODYPUMP®—Angie R<br>8:30 STEP—Laurie<br>9:00 AQUA TABATA—Danyelle<br>10:00 AQUA B.A.S.I.C.--Julie<br>10:00 BEG STEP 45—Laurie<br>11:00 M & S—Julie<br>12:15 LUNCHTIME YOGA--Ken<br>4:30 BODYPUMP®--Kristi<br>5:45 JUST WEIGHT--Carol    | <b>31</b> 5:45 am willPower Method®---Lisa<br>8:00 FLEX-ABILITY+ CORE—Julie<br>9:00 AQUA TABATA--Danyelle<br>9:15 BODYPUMP®—Dawn<br>10:30 SilverSneakers® CLASSIC—Julie<br>12:15 LUNCHTIME YOGA--Michael<br>5:00 GRIT™(S)—Taylor<br>5:45 STRETCH & FLOW YOGA--Michael<br>7:00 ZUMBA!--Luis   | <p>All group fitness classes are free to members unless (fee) is written on the schedule.</p> <p>Please call 779-5141 to register and pay for fee class.</p> <p>All schedules are available online at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>.</p>     |   |