

GROUP FITNESS, MAIN ROOM - EAST

FEBRUARY 2019

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
					1 5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Carol 9:00 H2O CARDIO PARTY—Danyelle 9:00 BODYPUMP®—Marney 10:00 AQUA B.A.S.I.C.--Julie 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH--Julie 12:15 LUNCHTIME YOGA--Ann 5:30 HAPPY HOUR--Rochelle	2 8:15 PILATESBASICS--Flower 9:30 ZUMBA 1--Sergio 10:45 STRETCH & FLOW YOGA --Maggie
3 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Sergio	4 5:15am GRIT™(P)—Kristi 6:00 BODYPUMP®—Kristi 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA B.A.S.I.C.--Julie 10:00 BEG STEP 45—Laurie 11:00 M & S--Julie 12:15 LUNCHTIME YOGA--Ken 4:30 BODYPUMP®--Bianca 5:45 PIYO--Agnes 7:00 YIN/RESTORATIVE YOGA--Ann	5 5:45 am willPower Method®---Lisa 8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Ely 10:30 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 5:00 GRIT™(C)—Taylor 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis	6 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Bianca 8:30 STEP—Laurie 9:00 AQUA TABATA—Danyelle 10:00 AQUA B.A.S.I.C.--Julie 10:00 BEG STEP 45—Laurie 11:00 M & S—Julie 12:15 LUNCHTIME YOGA--Ken 4:30 BODYPUMP®--Kristi 5:45 SCULPT 360--Carol 7:00 YIN/RESTORATIVE YOGA --Ann	7 5:45 am willPower Method®---Lisa 8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Dawn 10:30 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 5:00 GRIT™(S)—Taylor 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis	8 5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Carol 9:00 H2O CARDIO—Danyelle 9:00 BODYPUMP®—Angie R 10:00 AQUA B.A.S.I.C.--Julie 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH--Julie 12:15 LUNCHTIME YOGA--Michael 5:30 HAPPY HOUR--Rochelle	9 HAPPY 40th ANNIVERSARY! FREE GUEST DAY! 1:00 ZUMBA-Agnes/Sergio 1:50 FLEXIBILITY+CORE-Julie 2:45 SCULPT 360-Carol 3:35 YOGA-Carol
10 12:30 BODYPUMP®--Janelle 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Luis	11 5:15am GRIT™(P)—Kristi 6:00 BODYPUMP®--Kristi 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA B.A.S.I.C.--Julie 10:00 BEG STEP 45—Laurie 11:00 M & S--Julie 12:15 LUNCHTIME YOGA--Ken 4:30 BODYPUMP®--Marney 5:45 PIYO--Agnes 7:00 YIN/RESTORATIVE YOGA --Ann	12 5:45 am willPower Method®---Lisa 8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Ely 10:30 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 5:00 GRIT™--Taylor 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis	13 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Bianca 8:30 STEP—Laurie 9:00 AQUA TABATA—Danyelle 10:00 AQUA B.A.S.I.C.--Julie 10:00 BEG STEP 45—Laurie 11:00 M & S—Julie 12:15 LUNCHTIME YOGA--Ken 4:30 BODYPUMP®--Kristi 5:45 SCULPT 360--Carol 7:00 YIN/RESTORATIVE YOGA --Anni	14 5:45 am willPower Method®---Lisa 8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Dawn 10:30 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 5:00 GRIT™(S)—Taylor 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis	15 5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Carol 9:00 H2O CARDIO PARTY—Danyelle 9:00 BODYPUMP®—Angie R 10:00 AQUA B.A.S.I.C.--Julie 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH--Julie 12:15 LUNCHTIME YOGA--Michael 5:30 HAPPY HOUR--Rochelle	16 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Carol 10:45 STRETCH & FLOW YOGA --Michael
17 12:30 BODYPUMP®--Janelle 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Sergio	18 5:15am GRIT™(P)—Taylor 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA B.A.S.I.C.--Julie 10:00 BEG STEP 45—Laurie 11:00 M & S--Julie 12:15 LUNCHTIME YOGA--Ken 4:30 BODYPUMP®--Marney 5:45 PIYO--Agnes	19 5:45 am willPower Method®---Lisa 8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Ely 10:30 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 5:00 GRIT™(C)—Taylor 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis	20 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Bianca 8:30 STEP—Laurie 9:00 AQUA TABATA—Danyelle 10:00 AQUA B.A.S.I.C.--Julie 10:00 BEG STEP 45—Laurie 11:00 M & S—Julie 12:15 LUNCHTIME YOGA--Ken 4:30 BODYPUMP®--Kristi 5:45 SCULPT 360--Carol 7:00 YIN/RESTORATIVE YOGA --Anni	21 5:45 am willPower Method®---Lisa 8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Dawn 10:30 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 5:00 GRIT™(S)—Taylor 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis	22 5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Carol 9:00 H2O CARDIO PARTY—Danyelle 9:00 BODYPUMP®—Bianca 10:00 AQUA B.A.S.I.C.--Julie 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH--Julie 12:15 LUNCHTIME YOGA--Michael 5:30 HAPPY HOUR--Rochelle	23 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Carol 10:45 STRETCH & FLOW YOGA --Maggie
24 12:30 BODYPUMP®--Katie K 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Luis	25 5:15am GRIT™(P)—Taylor 8:30 STEP—Laurie 9:00 H2O CARDIO—Danyelle 10:00 AQUA B.A.S.I.C.--Julie 10:00 BEG STEP 45—Laurie 11:00 M & S--Julie 12:15 LUNCHTIME YOGA--Ken 4:30 BODYPUMP®--Bianca 5:45 PIYO--Agnes 7:00 YIN/RESTORATIVE YOGA --Ann	26 5:45 am willPower Method®---Lisa 8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Ely 10:30 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 5:00 GRIT™(C)—Taylor 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis	27 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Bianca 8:30 STEP—Laurie 9:00 AQUA TABATA—Danyelle 10:00 AQUA B.A.S.I.C.--Julie 10:00 BEG STEP 45—Laurie 11:00 M & S—Julie 12:15 LUNCHTIME YOGA--Ken 4:30 BODYPUMP®--Kristi 5:45 SCULPT 360--Carol 7:00 YIN/RESTORATIVE YOGA --Ann	28 5:45 am willPower Method®---Lisa 8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Dawn 10:30 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 5:00 GRIT™(S)—Taylor 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis	All group fitness classes are free to members unless (fee) is written on the schedule. Please call 779-5141 to register and pay for fee class. All schedules are available online at flagstaffathleticclub.com .	