

GROUP FITNESS, MAIN ROOM - EAST

FEBRUARY 2020

Flagstaff Athletic Club

Su-day

Mo-day

Tuesday

Wed-nesday

Thursday

Friday

Saturday

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.

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8:15 UNWIND YOGA--Carol
9:30 ZUMBA!--Carol
10:45 BODYJAM® --Dayne

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12:30 BODYPUMP®--Brittany

2:00 SUNDAY SAMPLER:
BARRE FUSION &
SOLE TRAINING
--Angie A

4:00 SUNDAY ZUMBA PARTY!
--Erika

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5:15am GRIT™(P)—Kristi
8:00 POOLATES--Julie
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--Carol
4:30 BODYPUMP®--Bianca
5:45 BODYJAM®--Kerry
7:00 YIN/RESTORATIVE YOGA--Ann

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8:00 FLEX-ABILITY+ CORE—Julie
9:00 AQUA TABATA --Danyelle
9:15 BODYPUMP®—Dawn
10:30 SilverSneakers® CLASSIC—Julie
12:15 LUNCHTIME YOGA--Lucy
5:00 GRIT™(C)-Rachel
5:45 STRETCH & FLOW YOGA--Lucy
7:00 ZUMBA!--Luis

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5:15am GRIT™(C)—Kristi
8:00 POOLATES--Julie
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--Carol
4:30 BODYPUMP®--Angie R
5:45 BODYJAM® --Laura
7:00 YIN/RESTORATIVE YOGA--Ann

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8:00 FLEX-ABILITY+ CORE—Julie
9:00 AQUA TABATA --Danyelle
9:15 BODYPUMP®—Ely
10:30 SilverSneakers® CLASSIC—Julie
12:15 LUNCHTIME YOGA--Ken
5:45 STRETCH & FLOW YOGA--Ken
7:00 ZUMBA!--Luis

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5:15am GRIT™(S)—Kristi
6:00 ZUMBA--Sergio
8:00 UNWIND YOGA 45--Carol
8:00 POOLATES--Julie
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
12:00 FLEX-ABILITY+ CORE—Julie

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HAPPY ANNIVERSARY!
FREE GUEST DAY!

8:15 UNWIND YOGA--Carol
9:30 ZUMBA!--Carol
10:45 BODYJAM® --Laura, Kerry, Dayne

9

12:30 BODYPUMP®--Brittany

2:00 SUNDAY SAMPLER:
STEP & RHYTHMIC YOGA
--Carol

4:00 SUNDAY ZUMBA PARTY!
--Sergio

10

5:15am GRIT™(P)—Kristi
8:00 POOLATES--Julie
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--Carol
4:30 BODYPUMP®--Bianca
5:45 BODYJAM®--Kerry
7:00 YIN/RESTORATIVE YOGA--Ann

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8:00 FLEX-ABILITY+ CORE—Julie
9:00 AQUA TABATA --Danyelle
9:15 BODYPUMP®—Dawn
10:30 SilverSneakers® CLASSIC—Julie
12:15 LUNCHTIME YOGA--Lucy
5:00 GRIT™(S)-Rachel
5:45 STRETCH & FLOW YOGA--Lucy
7:00 ZUMBA!--Luis

12

5:15am GRIT™(C)—Kristi
8:00 POOLATES--Julie
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--Anni
4:30 BODYPUMP®--Bianca
5:45 BODYJAM® --Laura
7:00 YIN/RESTORATIVE YOGA--Ann

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8:00 FLEX-ABILITY+ CORE—Julie
9:00 AQUA TABATA --Danyelle
9:15 BODYPUMP®—Ely
10:30 SilverSneakers® CLASSIC—Ruana
12:15 LUNCHTIME YOGA--Ken
5:45 STRETCH & FLOW YOGA--Ken
7:00 ZUMBA!--Luis

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5:15am GRIT™(S)—Kristi
6:00 ZUMBA--Sergio
8:00 UNWIND YOGA 45--Carol
8:00 POOLATES--Julie
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
12:00 FLEX-ABILITY+ CORE—Julie

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8:15 UNWIND YOGA--Carol
9:30 ZUMBA!--Tatum

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12:30 BODYPUMP®--Brittany

2:00 SUNDAY SAMPLER:
TABATA & CORE--Liz

4:00 SUNDAY ZUMBA PARTY!
--Sergio

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5:15am BODYPUMP® 30--Angie R
8:00 POOLATES--Julie
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--Carol
4:30 BODYPUMP®--Bianca
5:45 BODYJAM®--Kerry
7:00 YIN/RESTORATIVE YOGA--Ann

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8:00 FLEX-ABILITY+ CORE—Julie
9:00 AQUA TABATA --Danyelle
9:15 BODYPUMP®—Dawn
10:30 SilverSneakers® CLASSIC—Julie
12:15 LUNCHTIME YOGA--Lucy
5:00 BODYCOMBAT®—Vicky
5:45 STRETCH & FLOW YOGA--Lucy
7:00 ZUMBA!--Luis

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5:15am GRIT™(C)—Kristi
8:00 POOLATES--Julie
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--Carol
4:30 BODYPUMP®--Bianca
5:45 BODYJAM® --Laura
7:00 YIN/RESTORATIVE YOGA--Ann

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8:00 FLEX-ABILITY+ CORE—Julie
9:00 AQUA TABATA --Danyelle
9:15 BODYPUMP®—Ely
10:30 SilverSneakers® CLASSIC—Julie
12:15 LUNCHTIME YOGA--Ken
5:45 STRETCH & FLOW YOGA--Ken
7:00 ZUMBA!--Luis

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5:15am GRIT™(S)—Kristi
6:00 ZUMBA--Sergio
8:00 UNWIND YOGA 45--Carol
8:00 POOLATES--Julie
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
12:00 FLEX-ABILITY+ CORE—Julie

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8:15 UNWIND YOGA--Carol

10:30 ZUMBA MASTER CLASS
(Fee to Non-Members; All must register)

1-4 pm ZUMBA JAM Training
(Register on line-ZIN Members Only)

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12:30 BODYPUMP®--Brittany

2-3:30 SUNDAY SAMPLER:
See Cycling Schedule

4:00 SUNDAY ZUMBA PARTY
--Sergio

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5:15am GRIT™(P)—Kristi
8:00 POOLATES--Julie
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--Carol
4:30 BODYPUMP®--Bianca
5:45 BODYJAM®--Kerry
7:00 YIN/RESTORATIVE YOGA
--Ann

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8:00 FLEX-ABILITY+ CORE—Julie
9:00 AQUA TABATA --Danyelle
9:15 BODYPUMP®—Dawn
10:30 SilverSneakers® CLASSIC—Julie
12:15 LUNCHTIME YOGA--Lucy
5:00 GRIT™(C)-Rachel
5:45 STRETCH & FLOW YOGA--Lucy
7:00 ZUMBA!--Luis

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5:15am GRIT™(C)—Kristi
8:00 POOLATES--Julie
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--Carol
4:30 BODYPUMP®--Bianca
5:45 BODYJAM® --Laura
7:00 YIN/RESTORATIVE YOGA--Ann

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8:00 FLEX-ABILITY+ CORE—Julie
9:00 AQUA TABATA --Danyelle
9:15 BODYPUMP®—Ely
10:30 SilverSneakers® CLASSIC—Julie
12:15 LUNCHTIME YOGA--Ken
5:45 STRETCH & FLOW YOGA--Ken
7:00 ZUMBA!--Luis

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5:15am BODYCOMBAT®30--Bianca
6:00 ZUMBA--Sergio
8:00 UNWIND YOGA 45--Marilyn
8:00 POOLATES--Julie
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
12:00 FLEX-ABILITY+ CORE—Julie

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8:15 PILATESBASICS-- Flower
9:30 ZUMBA!--Erika
10:45 BODYJAM® --Dayne