

GROUP FITNESS, MAIN ROOM - EAST

MARCH 2019

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.

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
					<p>1 5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Carol 9:00 H2O CARDIO PARTY—Danyelle 9:00 BODYPUMP®—Vicky 10:00 AQUA B.A.S.I.C.--Danyelle 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH --Laurie 12:15 LUNCHTIME YOGA--Michael 5:30 HAPPY HOUR--Rochelle</p>	<p>2 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Carol 10:45 STRETCH & FLOW YOGA --Michael</p>
<p>3 12:30 BODYPUMP®--Janelle 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Sergio</p>	<p>4 5:15am GRIT™(A)—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</p>	<p>5 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™(C)—Kristi 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>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</p>	<p>7 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™(S)—Taylor 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>8 5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Carol 9:00 H2O CARDIO—Danyelle 9:00 BODYPUMP®—Vicky 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</p>	<p>9 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Luis 10:45 STRETCH & FLOW YOGA --Michael</p>
<p>10 12:30 BODYPUMP®--Janelle 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Luis</p>	<p>11 5:15am GRIT™(A)—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--Anni 4:30 BODYPUMP®--Marney 5:45 PIYO--Agnes 7:00 YIN/RESTORATIVE YOGA --Ann</p>	<p>12 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™(C)—Kristi 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>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 --Ann</p>	<p>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</p>	<p>15 5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Carol 9:00 H2O CARDIO PARTY—Danyelle 9:00 BODYPUMP®—Vicky 10:00 AQUA B.A.S.I.C.--Julie 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH--Julie 12:15 LUNCHTIME YOGA--Carol 5:30 HAPPY HOUR--Rochelle</p>	<p>16 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Carol 10:45 STRETCH & FLOW YOGA --Maggie</p>
<p>17 12:30 BODYPUMP®--Janelle 4:15 SUNDAY ZUMBA PARTY! --Sergio</p>	<p>18 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</p>	<p>19 5:45 am willPower Method®---Lisa 8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 10:30 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 5:45 STRETCH & FLOW YOGA--Michael 5:00 GRIT™(C)—Taylor 7:00 ZUMBA!--Luis</p>	<p>20 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 5:45 SCULPT 360--Carol 7:00 YIN/RESTORATIVE YOGA --Ann</p>	<p>21 5:45 am willPower Method®---Lisa 8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 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</p>	<p>22 8:00 UNWIND YOGA 45--Carol 9:00 H2O CARDIO PARTY—Danyelle 9:00 BODYPUMP®—Vicky 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</p>	<p>23 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Agnes 10:45 STRETCH & FLOW YOGA --Michael</p>
<p>24 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Luis</p>	<p>25 5:15am GRIT™(A)—Kristi 6:00 BODYPUMP®—Bianca 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</p>	<p>26 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™(C)—Kristi 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>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</p>	<p>28 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™(S)—Taylor 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>29 5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Carol 9:00 H2O CARDIO PARTY—Danyelle 9:00 BODYPUMP®—Vicky 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</p>	<p>30 8:15 PILATESBASICS--Flower 9:30 ZUMBA!--Sergio 10:45 STRETCH & FLOW YOGA --Maggie</p>
<p>31 12:30 BODYPUMP®--Janelle 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Luis</p>	<p>5:15am GRIT™(A)—Kristi 6:00 BODYPUMP®—Bianca 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</p>	<p>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™(C)—Kristi 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>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</p>	<p>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™(S)—Taylor 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Carol 9:00 H2O CARDIO PARTY—Danyelle 9:00 BODYPUMP®—Vicky 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</p>	<p>8:15 PILATESBASICS--Flower 9:30 ZUMBA!--Sergio 10:45 STRETCH & FLOW YOGA --Maggie</p>