

GROUP FITNESS, MAIN ROOM - EAST

MARCH 2020

Flagstaff Athletic Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 12:30 BODYPUMP® --Brittany 2:00 SUNDAY SAMPLER: CARDIO YOGA --Angie A 4:00 SUNDAY ZUMBA PARTY! --Luis	2 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/Laura 7:00 YIN/RESTORATIVE YOGA --Ann	3 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) -Rachel 5:45 STRETCH & FLOW YOGA --Michael 7:00 ZUMBA! —Luis	4 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 7:00 YIN/RESTORATIVE YOGA --Ann	5 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 5:45 STRETCH & FLOW YOGA --Michael 7:00 ZUMBA! —Luis	6 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	7 8:15 UNWIND YOGA --Carol 9:30 ZUMBA! --Carol 10:45 BODYJAM® --Dayne
8 12:30 BODYPUMP® --Brittany 2:00 SUNDAY SAMPLER: LATIN BARRE --Ely 4:00 SUNDAY ZUMBA PARTY! --Sergio	9 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/Laura 7:00 YIN/RESTORATIVE YOGA --Ann	10 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) -Rachel 5:45 STRETCH & FLOW YOGA --Michael 7:00 ZUMBA! —Luis	11 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 7:00 YIN/RESTORATIVE YOGA --Ann	12 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 5:45 STRETCH & FLOW YOGA --Michael 7:00 ZUMBA! —Luis	13 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	14 8:15 UNWIND YOGA --Carol 9:30 ZUMBA! --Tatum 10:45 BODYJAM® --Kerry
15 12:30 BODYPUMP® --Brittany 2:00 SUNDAY SAMPLER: PIYO --Angie A 4:00 SUNDAY ZUMBA PARTY! --Luis	16 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 4:30 BODYPUMP® --Bianca 5:45 BODYJAM® --Kerry/Laura 7:00 YIN/RESTORATIVE YOGA --Ann	17 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) -Rachel 5:45 STRETCH & FLOW YOGA --Michael 7:00 ZUMBA! —Luis	18 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 4:30 BODYPUMP® --Bianca 7:00 YIN/RESTORATIVE YOGA --Ann	19 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 7:00 ZUMBA! —Luis	20 6:00 ZUMBA --Sergio 8:00 POOLATES --Julie 9:00 H2O CARDIO —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 12:00 FLEX-ABILITY+ CORE —Julie	21 8:15 PILATESBASICS --Flower 9:30 ZUMBA! --Sergio 10:45 BODYJAM® --Dayne
22 12:30 BODYPUMP® --Brittany 2:00 SUNDAY SAMPLER: STEP & JAM --Laurie/Julie 4:00 SUNDAY ZUMBA PARTY! --Sergio	23 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 --Anni 4:30 BODYPUMP® --Bianca 5:45 BODYJAM® --Kerry/Laura 7:00 YIN/RESTORATIVE YOGA --Lucy	24 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) -Rachel 5:45 STRETCH & FLOW YOGA --Michael 7:00 ZUMBA! —Luis	25 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 --Michael 4:30 BODYPUMP® --Bianca 7:00 YIN/RESTORATIVE YOGA --Ann	26 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 5:45 STRETCH & FLOW YOGA --Michael 7:00 ZUMBA! —Luis	27 5:15am GRIT™(S) —Kristi 6:00 ZUMBA --Sergio 8:00 UNWIND YOGA 45 --Anni 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	28 8:15 PILATESBASICS --Flower 9:30 ZUMBA! --Erika 10:45 BODYJAM® --Dayne
29 12:30 BODYPUMP® --Janelle 2:00 SUNDAY SAMPLER: See Cycling Schedule 4:00 SUNDAY ZUMBA PARTY! --Sergio	30 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 --Michael 4:30 BODYPUMP® --Bianca 5:45 BODYJAM® --Kerry/Laura 7:00 YIN/RESTORATIVE YOGA	31 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) -Rachel 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 .			