

GROUP FITNESS, MAIN ROOM - EAST

APRIL 2019

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
	1 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®--Vicky 7:00 YIN/RESTORATIVE YOGA--Ann	2 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	3 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--Rochelle 7:00 YIN/RESTORATIVE YOGA--Ann	4 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	5 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	6 8:15 PILATESBASICS--Flower 9:30 ZUMBA!--Sergio 10:45 STRETCH & FLOW YOGA --Maggie
7 12:30 BODYPUMP®--Marney 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Sergio	8 5:15am GRIT™(P)—Kristi 6:00 BODYPUMP®—Marney 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®--Janelle 7:00 YIN/RESTORATIVE YOGA--Ann	9 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	10 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	11 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	12 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	13 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Luis 10:45 STRETCH & FLOW YOGA --Michael
14 12:30 BODYPUMP®--Janelle 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Luis	15 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 7:00 YIN/RESTORATIVE YOGA --Ann	16 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	17 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	18 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	19 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--Michael	20 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Carol 10:45 STRETCH & FLOW YOGA --Michael
21 HAPPY EASTER! Hours: Noon-8 pm 12:30 BODYPUMP®--Janelle 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Luis	22 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 7:00 YIN/RESTORATIVE YOGA --Ann	23 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	24 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	25 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	26 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	27 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Carol 10:45 STRETCH & FLOW YOGA --Maggie
28 12:30 BODYPUMP®--Janelle 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Sergio	29 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 7:00 YIN/RESTORATIVE YOGA --Ann	30 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	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 .			