

GROUP FITNESS, MAIN ROOM - EAST

MAY 2019

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday
<p>All group fitness classes are free to members unless (fee) is written on the schedule.</p> <p>Please call 779-5141 to register and pay for fee class.</p> <p>All schedules are available online at flagstaffathleticclub.com.</p>			<p>1</p> <p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Kristi 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 BODYPUMP®--Brittany 7:00 YIN/RESTORATIVE YOGA--Ann</p>	<p>2</p> <p>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>3</p> <p>5:15am HIIT--Rochelle 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</p>	<p>4</p> <p>8:15 PILATESBASICS--Flower 9:30 ZUMBA!--Luis</p>
<p>5</p> <p>12:30 BODYPUMP®--Janelle 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Luis</p>	<p>6</p> <p>5:15am GRIT™(P)—Kristi 6:00 BODYPUMP®--Hannah 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 7:00 YIN/RESTORATIVE YOGA--Ann</p>	<p>7</p> <p>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</p>	<p>8</p> <p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Kristi 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 BODYPUMP®--Brittany 7:00 YIN/RESTORATIVE YOGA--Ann</p>	<p>9</p> <p>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>10</p> <p>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</p>	<p>11</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Carol</p>
<p>12</p> <p>12:30 BODYPUMP®--Janelle 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Sergio</p>	<p>13</p> <p>5:15am GRIT™(P)—Kristi 6:00 BODYPUMP®--Hannah 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</p>	<p>14</p> <p>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</p>	<p>15</p> <p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Kristi 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 BODYPUMP®--Brittany 7:00 YIN/RESTORATIVE YOGA--Ann</p>	<p>16</p> <p>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>17</p> <p>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</p>	<p>18</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Carol</p>
<p>19</p> <p>12:30 BODYPUMP®--Janelle 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Luis 6:45 BURLESQUE/HEELS --Agnes (FEE)</p>	<p>20</p> <p>5:15am GRIT™(P)—Kristi 6:00 BODYPUMP®--Hannah 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</p>	<p>21</p> <p>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</p>	<p>22</p> <p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Kristi 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 BODYPUMP®--Brittany 7:00 YIN/RESTORATIVE YOGA--Ann</p>	<p>23</p> <p>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>24</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</p>	<p>25</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio</p>
<p>26</p> <p>12:30 BODYPUMP®--Janelle 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Sergio</p>	<p>27</p> <p>HAPPY MEMORIAL DAY! Club Hours: 7 am - 8 pm</p> <p>8:15-9:45 AQUA MASTER CLASS PARTY (ODP)—Danyelle 10:00 AQUA B.A.S.I.C.--Julie 11:00 M & S--Julie 12:15 LUNCHTIME YOGA--Ken</p>	<p>28</p> <p>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</p>	<p>29</p> <p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Kristi 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 BODYPUMP®--Bianca 7:00 YIN/RESTORATIVE YOGA--Ann</p>	<p>30</p> <p>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>31</p> <p>5:15am GRIT™(S)—Kristi 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</p>	