

GROUP FITNESS, MAIN ROOM - EAST

JUNE 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>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Carol</p>
<p>2</p> <p>12:30 BODYPUMP®--Janelle 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Luis</p>	<p>3</p> <p>5:15am GRIT™(P)—Kristi 6:00 BODYPUMP®--Kristi 8:00 AQUA B.A.S.I.C.--Julie 8:30 STEP—Laurie 8:45 H2O CARDIO (ODP)—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®--Ely 7:00 YIN/RESTORATIVE YOGA--Ann</p>	<p>4</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 8:45 AQUA TABATA (ODP)--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>5</p> <p>5:15am HIIT--Rochelle 6:00 BODYPUMP®—Hannah 8:30 STEP—Laurie 8:45 AQUA TABATA (ODP)--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>6</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 8:45 AQUA TABATA (ODP)--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</p>	<p>7</p> <p>5:15am GRIT™(S)—Rachel 8:00 UNWIND YOGA 45--Carol 8:00 AQUA B.A.S.I.C.--Julie 8:45 H2O CARDIO (ODP)—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--Natasha</p>	<p>8</p> <p>8:15 UNWIND YOGA--Ann 9:30 ZUMBA!--Luis</p>
<p>9</p> <p>12:30 BODYPUMP®--Brittany 2:00 BARRE ABOVE--Kristina 4:15 SUNDAY ZUMBA PARTY! --Sergio</p>	<p>10</p> <p>5:15am GRIT™(P)—Kristi 6:00 BODYPUMP®--Hannah 8:00 AQUA B.A.S.I.C.--Julie 8:30 STEP—Laurie 8:45 H2O CARDIO (ODP)—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</p>	<p>11</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 8:45 AQUA TABATA (ODP)--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>12</p> <p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Kristi 8:30 STEP—Laurie 8:45 AQUA TABATA (ODP)--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>13</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 8:45 AQUA TABATA (ODP)--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>14</p> <p>5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Anni 8:00 AQUA B.A.S.I.C.--Julie 8:45 H2O CARDIO (ODP)—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--Natasha</p>	<p>15</p> <p>8:15 PILATESBASICS--Flower 9:30 ZUMBA!--Luis 8:30-9:45 POOLSIDE POUND/ BARRE/PIYO (ODP) --Angie A/Danyelle</p>
<p>16</p> <p>12:30 BODYPUMP®--Brittany 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Luis</p>	<p>17</p> <p>5:15am GRIT™(P)—Kristi 6:00 BODYPUMP®--Hannah 8:00 AQUA B.A.S.I.C.--Julie 8:30 STEP—Laurie 8:45 H2O CARDIO (ODP)—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</p>	<p>18</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 8:45 AQUA TABATA (ODP)--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>19</p> <p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Kristi 8:30 STEP—Laurie 8:45 AQUA TABATA (ODP)--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>20</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 8:45 AQUA TABATA (ODP)--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>21</p> <p>5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Natasha 8:00 AQUA B.A.S.I.C.--Julie 8:45 H2O CARDIO (ODP)—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--Natasha</p>	<p>22</p> <p>8:15 UNWIND YOGA--Ann 9:30 ZUMBA!--Sergio</p>
<p>23/30</p> <p>12:30 BODYPUMP®--Brittany 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Sergio</p>	<p>24</p> <p>5:15am GRIT™(P)—Kristi 6:00 BODYPUMP®--Hannah 8:00 AQUA B.A.S.I.C.--Julie 8:30 STEP—Laurie 8:45 H2O CARDIO (ODP)—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</p>	<p>25</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 8:45 AQUA TABATA (ODP)--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>26</p> <p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Kristi 8:30 STEP—Angie R 8:45 AQUA TABATA (ODP)--Danyelle 10:00 AQUA B.A.S.I.C.--Julie 10:00 BEG STEP 45—Angie R 11:00 M & S--Julie 12:15 LUNCHTIME YOGA--Ken 5:45 BODYPUMP®--Brittany 7:00 YIN/RESTORATIVE YOGA--Ann</p>	<p>27</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 8:45 AQUA TABATA (ODP)--Danyelle 9:15 BODYPUMP®—Ely 10:30 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 5:00 GRIT™(S)—Kristi 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>28</p> <p>5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Anni 8:00 AQUA B.A.S.I.C.--Julie 8:45 H2O CARDIO (ODP)—Danyelle 9:00 BODYPUMP®—Katie 10:00 AQUA B.A.S.I.C.--Julie 10:15 BEG STEP 30--Angie R 11:00 MOVEMENT & STRENGTH--Julie 12:15 LUNCHTIME YOGA--Natasha</p>	<p>29</p> <p>8:15 PILATESBASICS--Flower 9:30 ZUMBA!--Sergio</p>