

# GROUP FITNESS, MAIN ROOM - EAST

## AUGUST 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 <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>.</p>				<p><b>1</b></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 &amp; FLOW YOGA--Michael 7:00 ZUMBA!—Luis</p>	<p><b>2</b></p> <p>5:15am HIIT--Kelly 8:00 UNWIND YOGA 45--Carol 8:00 POOLATES.--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 &amp; STRENGTH--Julie 12:15 LUNCHTIME YOGA--Natasha</p>	<p><b>3</b></p> <p>8 am - 6pm BODYJAM Initial Training</p> <p>8:30 BODYJAM MASTER CLASS</p>
<p><b>4</b></p> <p>8 am - 6pm BODYJAM Initial Training</p>	<p><b>5</b></p> <p>5:15am GRIT™(P)—Kristi 8:00 POOLATES.--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 &amp; S--Julie 12:15 LUNCHTIME YOGA--Ken 4:30 BODYPUMP®--Bianca 7:00 YIN/RESTORATIVE YOGA--Ann</p>	<p><b>6</b></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 &amp; FLOW YOGA--Michael 7:00 ZUMBA!—Luis</p>	<p><b>7</b></p> <p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Kristi 8:00 POOLATES.--Julie 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 &amp; S—Julie 12:15 LUNCHTIME YOGA--Ken 5:45 BODYPUMP®--Brittany 7:00 YIN/RESTORATIVE YOGA--Ann</p>	<p><b>8</b></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 &amp; FLOW YOGA--Michael 7:00 ZUMBA!—Luis</p>	<p><b>9</b></p> <p>5:15am GRIT™(S)—Kristi 8:00 GENTLE PILATES--Flower 8:00 POOLATES.--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 &amp; STRENGTH--Julie 12:15 LUNCHTIME YOGA--Natasha</p>	<p><b>10</b></p> <p>8:30-9:45 POOLSIDE POUND/ BARRE/PIYO (ODP) Danyelle/Angie A</p> <p>8:15 PILATESBASICS--Flower 9:30 ZUMBA!--Luis</p>
<p><b>11</b></p> <p>12:30 BODYPUMP®--Janelle 4:15 SUNDAY ZUMBA PARTY! --Luis</p>	<p><b>12</b></p> <p>5:15am GRIT™(P)—Kristi 8:00 POOLATES.--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 &amp; S--Julie 12:15 LUNCHTIME YOGA--Ken 4:30 BODYPUMP®--Bianca 7:00 YIN/RESTORATIVE YOGA --Ann</p>	<p><b>13</b></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 &amp; FLOW YOGA--Michael 7:00 ZUMBA!—Luis</p>	<p><b>14</b></p> <p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Kristi 8:00 POOLATES.--Julie 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 &amp; S—Julie 12:15 LUNCHTIME YOGA--Ken 5:45 BODYPUMP®--Brittany 7:00 YIN/RESTORATIVE YOGA --Ann</p>	<p><b>15</b></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 &amp; FLOW YOGA--Michael 7:00 ZUMBA!—Luis</p>	<p><b>16</b></p> <p>5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Natasha 8:00 POOLATES.--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 &amp; STRENGTH--Julie 12:15 LUNCHTIME YOGA--Natasha</p>	<p><b>17</b></p> <p>8:15 UNWIND YOGA--Ann 9:30 ZUMBA!--Sergio</p>
<p><b>18</b></p> <p>12:30 BODYPUMP®--Brittany 4:15 SUNDAY ZUMBA PARTY! --Luis</p>	<p><b>19</b></p> <p>5:15am GRIT™(P)—Kristi 8:00 POOLATES.--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 &amp; S--Julie 12:15 LUNCHTIME YOGA--Ken 4:30 BODYPUMP®--Marney 7:00 YIN/RESTORATIVE YOGA --Ann</p>	<p><b>20</b></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--Natasha 5:00 GRIT™(C)--Rachel 5:45 STRETCH &amp; FLOW YOGA--Anni 7:00 ZUMBA!—Luis</p>	<p><b>21</b></p> <p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Kristi 8:00 POOLATES.--Julie 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 &amp; S—Julie 12:15 LUNCHTIME YOGA--Ken 5:45 BODYPUMP®--Brittany 7:00 YIN/RESTORATIVE YOGA --Natasha</p>	<p><b>22</b></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--Carol 5:00 GRIT™(S)—Taylor 5:45 STRETCH &amp; FLOW YOGA--Natasha 7:00 ZUMBA!—Luis</p>	<p><b>23</b></p> <p>5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Carol 8:00 POOLATES.--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 &amp; STRENGTH--Julie 12:15 LUNCHTIME YOGA--Natasha</p>	<p><b>24</b></p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Carol</p>
<p><b>25</b></p> <p>12:30 BODYPUMP®--Janelle 4:15 SUNDAY ZUMBA PARTY! --Luis</p>	<p><b>26</b></p> <p>5:15am GRIT™(P)—Kristi 8:00 POOLATES.--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 &amp; S--Julie 12:15 LUNCHTIME YOGA--Ken 4:30 BODYPUMP®--Bianca 7:00 YIN/RESTORATIVE YOGA --Natasha</p>	<p><b>27</b></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--Carol 5:00 GRIT™(C)--Rachel 5:45 STRETCH &amp; FLOW YOGA--Anni 7:00 ZUMBA!—Luis</p>	<p><b>28</b></p> <p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Kristi 8:00 POOLATES.--Julie 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 &amp; S—Julie 12:15 LUNCHTIME YOGA--Ken 5:45 BODYPUMP®--Brittany 7:00 YIN/RESTORATIVE YOGA --Natasha</p>	<p><b>29</b></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 &amp; FLOW YOGA--Michael 7:00 ZUMBA!—Luis</p>	<p><b>30</b></p> <p>5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Carol 8:00 POOLATES.--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 &amp; STRENGTH--Julie 12:15 LUNCHTIME YOGA--Carol</p>	<p><b>31</b></p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Carol</p>