

# GROUP FITNESS, MAIN ROOM - EAST

## SEPTEMBER 2019

## Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-nesday	Thursday	Friday	Saturday	
<b>1</b> 12:30 BODYPUMP®--Brittany 4:15 SUNDAY ZUMBA PARTY! --Sergio	<b>2</b> LABOR DAY HOURS: 7 am - 8 pm  8:00 POOLATES.--Julie 9:00 H2O CARDIO (ODP)--Danyelle 10:00 AQUA B.A.S.I.C.--Julie 11:00 M & S--Julie 12:15 LUNCHTIME YOGA--Ken	<b>3</b> 8:00 FLEX-ABILITY+ CORE—Julie 9:00 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	<b>4</b> 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Kristi 8:00 POOLATES.--Julie 8:30 STEP—Laurie 9:00 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--Natasha	<b>5</b> 8:00 FLEX-ABILITY+ CORE—Julie 9:00 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	<b>6</b> 5:15am HIIT--Kelly 8:00 UNWIND YOGA 45--Carol 8:00 POOLATES.--Julie 9:00 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	<b>7</b> 8:30-9:45 POOLSIDE POUND/BARRE/PIYO (ODP) --Danyelle/Angie A  8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Carol	
<b>8</b> 12:30 BODYPUMP®--Janelle 2:00 SUNDAY SAMPLER--willPower with CARDIO YOGA --Jennifer Kotalik/Liz 4:15 SUNDAY ZUMBA PARTY! --Sergio	<b>9</b> 5:15am GRIT™(P)—Taylor 8:00 POOLATES.--Julie 8:30 STEP—Carol 9:00 H2O CARDIO (ODP)--Danyelle 10:00 AQUA B.A.S.I.C.--Julie 10:00 BEG STEP 45—carol 11:00 M & S--Julie 12:15 LUNCHTIME YOGA--Ken 4:30 BODYPUMP®--Bianca 7:00 YIN/RESTORATIVE YOGA--Ann	<b>10</b> 8:00 FLEX-ABILITY+ CORE—Julie 9:00 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	<b>11</b> 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Kristi 8:00 POOLATES.--Julie 8:30 STEP—Laurie 9:00 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	<b>12</b> 8:00 FLEX-ABILITY+ CORE—Julie 9:00 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	<b>13</b> 5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Carol 8:00 POOLATES.--Julie 9:00 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	<b>14</b> 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Carol	
<b>15</b> 12:30 BODYPUMP®--Brittany 2:00 SUNDAY SAMPLER--STEP/PILATES--Laurie/Heather 4:15 SUNDAY ZUMBA PARTY! --Sergio	<b>16</b> 5:15am GRIT™(P)—Kristi 8:00 POOLATES.--Julie 8:30 STEP—Laurie 9:00 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--Ann	<b>17</b> 8:00 FLEX-ABILITY+ CORE—Julie 9:00 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	<b>18</b> 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Kristi 8:00 POOLATES.--Julie 8:30 STEP—Laurie 9:00 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	<b>19</b> 8:00 FLEX-ABILITY+ CORE—Julie 9:00 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	<b>20</b> 5:15am GRIT™(S)—Kristi 8:00 POOLATES.--Julie 9:00 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	<b>21</b> 8:15 PILATESBASICS--Flower 9:30 ZUMBA!--Sergio	
<b>22</b> 12:30 BODYPUMP®--Janelle 2:00 SUNDAY SAMPLER --See Cycling Schedule 4:15 SUNDAY ZUMBA PARTY! --Sergio	<b>23</b> 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--Ken 4:30 BODYPUMP®--Bianca 7:00 YIN/RESTORATIVE YOGA--Ann	<b>24</b> 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	<b>25</b> 5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—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--Ken 5:45 BODYPUMP®--Brittany 7:00 YIN/RESTORATIVE YOGA--Ann	<b>26</b> 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	<b>27</b> 5:15am GRIT™(S)—Kristi 8:00 POOLATES.--Julie 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--Natasha	<b>28</b> 9:30 ZUMBA!--Sergio	
<b>29</b> 12:30 BODYPUMP®--Brittany 2:00 SUNDAY SAMPLER--POUND/PIYO--Danyelle/Angie A 4:15 SUNDAY ZUMBA PARTY! --Sergio	<b>30</b> 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--Ken 4:30 BODYPUMP®--Bianca 7:00 YIN/RESTORATIVE YOGA--Ann	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 <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a> .					