

GROUP FITNESS, MAIN ROOM - EAST

DECEMBER 2018

Flagstaff Athletic Club

Su-day

Mo-day

Tuesday

Wed-nesday

Thursday

Friday

Saturday

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.

							<p>1</p> <p>8:15 UNWIND YOGA--Ann 9:30 ZUMBA!--Sergio 10:45 STRETCH & FLOW YOGA --Michael</p>
2	3	4	5	6	7	8	8
<p>12:30 BODYPUMP®--Janelle 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Sergio</p>	<p>5:15am GRIT™(P)—Kristi 6:00 BODYPUMP® 45—Angie R 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--Michael 4:30 BODYPUMP®--Marney 5:45 PIYO--Agnes</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)—Rachel 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 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--Michael 4:30 BODYPUMP®--Kristi 5:45 PILATES MAT--Anna</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™(S)—Rachel 5:45 STRETCH & FLOW YOGA--Anni 7:00 ZUMBA!--Luis</p>	<p>5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Ann 9:00 H2O CARDIO—Danyelle 9:00 BODYPUMP®—Angie R 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</p>	<p>8:15 PILATESBASICS--Flower 9:30 ZUMBA!--Luis 10:45 STRETCH & FLOW YOGA --Maggie</p>	
9	10	11	12	13	14	15	15
<p>12:30 BODYPUMP®--Angie R 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Luis</p>	<p>5:15am GRIT™(P)—Kristi 6:00 BODYPUMP® 45—Angie R 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 5:45 PIYO--Agnes</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)—Rachel 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 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 PILATES MAT--Anna</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™(S)—Rachel 5:45 STRETCH & FLOW YOGA--Ken 7:00 ZUMBA!--Luis</p>	<p>5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Carol 9:00 H2O CARDIO PARTY—Danyelle 9:00 BODYPUMP®—Angie R 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</p>	<p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Carol 10:45 STRETCH & FLOW YOGA --Michael</p>	
16	17	18	19	20	21	22	22
<p>12:30 BODYPUMP®--Janelle 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Sergio</p>	<p>5:15am GRIT™(P)—Kristi 6:00 BODYPUMP® 45—Angie R 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®--Angie R 5:45 PIYO--Agnes</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™(S)—Rachel 5:45 STRETCH & FLOW YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>5:15am GRIT™(C)—Kristi 6:00 BODYPUMP®—Angie R 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 PILATES MAT--Anna</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™(S)—Rachel 5:45 STRETCH & FLOW YOGA--Anni 7:00 ZUMBA!--Luis</p>	<p>5:15am GRIT™(S)—Kristi 8:00 UNWIND YOGA 45--Carol 9:00 H2O CARDIO PARTY—Danyelle 9:00 BODYPUMP®—Angie R 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</p>	<p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Agnes 10:45 STRETCH & FLOW YOGA --Maggie</p>	
23	24	25	26	27	28	29	29
<p>12:30 BODYPUMP®--Janelle 2:00 BARRE ABOVE--Angie A 4:15 SUNDAY ZUMBA PARTY! --Luis</p>	<p>Club Hours: 5 am - 4 pm 6:00 BODYPUMP® 45—Angie R 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</p>	<p style="text-align: center;">HAPPY HOLIDAYS! CLUBS CLOSED</p>	<p>6:00 BODYPUMP®—Angie R 9:00 AQUA TABATA—Danyelle 10:00 AQUA B.A.S.I.C.--Julie 11:00 M & S—Julie</p>	<p>8:00 FLEX-ABILITY+ CORE—Julie 9:00 AQUA TABATA--Danyelle 9:15 BODYPUMP®—Dawn 10:30 SilverSneakers® CLASSIC—Julie 5:00 GRIT™(S)—Rachel 5:45 STRETCH & FLOW YOGA--Bianca 7:00 ZUMBA!--Luis</p>	<p>5:15 HIIT--Bianca 8:00 UNWIND YOGA 45--Carol 9:00 H2O CARDIO—Danyelle 9:00 BODYPUMP®—Ely 10:00 AQUA B.A.S.I.C.--Julie 10:15 BEG STEP 30--Laurie 11:00 MOVEMENT & STRENGTH--Julie</p>	<p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Carol 10:45 STRETCH & FLOW YOGA --Maggie</p>	
30	31						
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