

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|--|---|---|--|--|--|--|
| | | 1 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA—Ken 4:30 DECKED OUT BARRE --Angie A (od) | 2 10:30 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:45 BODYCOMBAT®—Janelle (od) 7:00 SUNSET BARRE--Kristina (od) | 3 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA—Lucy 4:30 DECKED OUT BARRE --Angie A (od) 6:00 BODYPUMP®—Janelle | 4 5:45am BODYPUMP®—Brittany 12:00 STRENGTH & STRETCH --Kelly (od) 4:30 ZUMBA!--Sergio (od) | 5 9:00 BODYJAM® with DJ! --Dayne, Kerry(od) | |
| 6 3:00 SUNDAY YOGA—Lucy | 7 LABOR DAY HOURS: 7am - 7pm 10:30 BODYPUMP®—Kerry 12:00 DECKED OUT BARRE --Angie A (od) 1:30 LUNCHTIME YOGA—Ken 6:00 BODYPUMP®—Janelle | 8 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA—Ken 4:30 DECKED OUT BARRE --Angie A (od) | 9 10:30 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:45 BODYCOMBAT®—Janelle (od) 7:00 SUNSET BARRE--Kristina (od) | 10 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA—Lucy 4:30 DECKED OUT BARRE --Angie A (od) 6:00 BODYPUMP®—Janelle | 11 5:45am BODYPUMP®—Brittany 12:00 STRENGTH & STRETCH --Kelly (od) 4:30 ZUMBA!--Sergio (od) | 12 8:15 BODYCOMBAT®—Janelle (od) 9:30 BODYPUMP®—Janelle | |
| 13 3:00 SUNDAY YOGA--Lucy | 14 9:00 BODYCOMBAT®—Vicky (od) 10:30 BODYPUMP®—Kerry 12:00 DECKED OUT BARRE --Angie A (od) 1:30 LUNCHTIME YOGA—Ken 6:00 BODYPUMP®—Janelle | 15 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA—Ken 4:30 DECKED OUT BARRE --Angie A (od) | 16 10:30 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:45 BODYCOMBAT®—Janelle (od) 7:00 SUNSET BARRE--Kristina (od) | 17 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA—Lucy 4:30 DECKED OUT BARRE --Angie A (od) 6:00 BODYPUMP®—Janelle | 18 5:45am BODYPUMP®—Brittany 12:00 STRENGTH & STRETCH --Kelly (od) 4:30 ZUMBA!--Sergio (od) | 19 8:15 BODYCOMBAT®—Janelle (od) 9:30 BODYPUMP®—Janelle | |
| 20 3:00 SUNDAY YOGA—Lucy | 21 9:00 BODYCOMBAT®—Vicky (od) 10:30 BODYPUMP®—Kerry 12:00 DECKED OUT BARRE --Angie A (od) 1:30 LUNCHTIME YOGA—Ken 6:00 BODYPUMP®—Janelle | 22 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA—Ken 4:30 DECKED OUT BARRE --Angie A (od) | 23 10:30 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:45 BODYCOMBAT®—Janelle (od) 7:00 SUNSET BARRE--Kristina (od) | 24 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA—Lucy 4:30 DECKED OUT BARRE --Angie A (od) 6:00 BODYPUMP®—Janelle | 25 12:00 STRENGTH & STRETCH --Kelly (od) 4:30 ZUMBA!--Sergio (od) | 26 8:15 BODYCOMBAT®—Janelle (od) 9:30 BODYPUMP®—Janelle | |
| 27 3:00 SUNDAY YOGA—Lucy | 28 9:00 BODYCOMBAT®—Vicky (od) 10:30 BODYPUMP®—Kerry 12:00 DECKED OUT BARRE --Angie A (od) 1:30 LUNCHTIME YOGA—Ken 6:00 BODYPUMP®—Janelle | 29 12:15 LUNCHTIME YOGA—Ken 4:30 DECKED OUT BARRE --Angie A (od) | 30 1:30 LUNCHTIME YOGA—Ken 5:45 BODYCOMBAT®—Janelle (od) 7:00 SUNSET BARRE--Kristina (od) | Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to members. Please go online or call 779-4593 to register for all classes! | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|---|---|---|---|-----------|
| | | 1 10:15 RPM™—Rock 5:15 RPM™60--Angie R (od) 7:00 YIN YOGA--Marilyn | 2 5:45-7pm SWEAT YOGA/WORLD PEACE MEDITATION--Ken | 3 10:15 RPM™--Rock 5:15 SPRINT™ --Sean (od) | 4 10:15 POWER FLOW YOGA —Anni | 5 |
| 6 | 7 LABOR DAY HOURS: 7am - 7pm 12:00 HRT CYCLING--Robb 5:15 SPRINT™ --Sean (od) | 8 10:15 RPM™—Rock 5:15 RPM™60--Angie R (od) 7:00 YIN YOGA--Marilyn | 9 5:45-7pm SWEAT YOGA/WORLD PEACE MEDITATION--Ken | 10 10:15 RPM™--Rock 5:15 SPRINT™ --Sean (od) | 11 10:15 POWER FLOW YOGA —Anni | 12 |
| 13 | 14 12:00 HRT CYCLING--Robb 5:15 SPRINT™ --Sean (od) | 15 10:15 RPM™—Rock 5:15 RPM™60--Angie R (od) 7:00 YIN YOGA--Marilyn | 16 5:45-7pm SWEAT YOGA/ WORLD PEACE MEDITATION--Ken | 17 10:15 RPM™--Rock 5:15 SPRINT™ --Sean (od) | 18 10:15 POWER FLOW YOGA —Anni | 19 |
| 20 | 21 12:00 HRT CYCLING--Robb 5:15 SPRINT™ --Sean (od) | 22 10:15 RPM™—Rock 5:15 RPM™60--Angie R (od) 7:00 YIN YOGA--Marilyn | 23 5:45-7pm SWEAT YOGA/WORLD PEACE MEDITATION--Ken | 24 10:15 RPM™--Rock 5:15 SPRINT™ --Sean (od) | 25 10:15 POWER FLOW YOGA —Anni | 26 |
| 27 | 28 12:00 HRT CYCLING—Robb 5:15 SPRINT™—Sean (od) | 29 5:15 RPM™60--Angie R (od) 7:00 YIN YOGA--Marilyn | 30 5:45-7 SWEAT YOGA/WORLD PEACE MEDITATION--Ken | <p style="text-align: center;"> Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to members. Please go online or call 779-4593 to register for classes. </p> | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|--|---|
| | | <p>1 8:00 FLEX-ABILITY+ CORE—Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA—Michael 7:00 ZUMBA!—Luis</p> | <p>2 8:30 STEP—Laurie 8:45 POOLATES--Julie (odp) 9:00 BODYPUMP®--Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45—Julie 12:15 LUNCHTIME YOGA--Carol 4:15 BODYPUMP®--Stephanie</p> | <p>3 8:00 FLEX-ABILITY+ CORE—Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!—Luis</p> | <p>4 8:45 POOLATES--Julie (odp) 9:00 BODYPUMP®—Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie</p> | <p>5 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio (od)</p> |
| <p>6 12:30 BODYPUMP®--Brittany 4:00 SUNDAY ZUMBA PARTY! -Luis</p> | <p>7 LABOR DAY HOURS: 7am - 7pm 8:30 STEP—Laurie 8:45 POOLATES--Julie (odp) 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie 12:15 LUNCHTIME YOGA--Carol</p> | <p>8 8:00 FLEX-ABILITY+ CORE—Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!—Luis</p> | <p>9 8:30 STEP—Laurie 8:45 POOLATES--Julie (odp) 9:00 BODYPUMP®--Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45—Julie 12:15 LUNCHTIME YOGA--Carol 4:15 BODYPUMP®--Stephanie</p> | <p>10 8:00 FLEX-ABILITY+ CORE—Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!—Luis</p> | <p>11 8:45 POOLATES--Julie (odp) 9:00 BODYPUMP®—Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie</p> | <p>12 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio (od)</p> |
| <p>13 4:00 SUNDAY ZUMBA PARTY! -Luis</p> | <p>14 8:30 STEP—Laurie 8:45 POOLATES--Julie (odp) 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie 12:15 LUNCHTIME YOGA--Carol</p> | <p>15 8:00 FLEX-ABILITY+ CORE—Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!—Luis</p> | <p>16 8:30 STEP—Laurie 8:45 POOLATES--Julie (odp) 10:00 AQUA B.A.S.I.C.45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45—Julie 12:15 LUNCHTIME YOGA--Carol 4:15 BODYPUMP®--Stephanie</p> | <p>17 8:00 FLEX-ABILITY+ CORE—Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!—Luis</p> | <p>18 8:45 POOLATES--Julie (odp) 9:00 BODYPUMP®—Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie</p> | <p>19 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio (od)</p> |
| <p>20 12:30 BODYPUMP®--Brittany 4:00 SUNDAY ZUMBA PARTY! -Luis</p> | <p>21 8:30 STEP—Laurie 8:45 POOLATES--Julie (odp) 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie</p> | <p>22 8:00 FLEX-ABILITY+ CORE—Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!—Luis</p> | <p>23 8:30 STEP—Laurie 8:45 POOLATES--Julie (odp) 9:00 BODYPUMP®--Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45—Julie 4:15 BODYPUMP®--Stephanie</p> | <p>24 8:00 FLEX-ABILITY+ CORE—Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!—Luis</p> | <p>25 8:45 POOLATES--Julie (odp) 9:00 BODYPUMP®—Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie</p> | <p>26 9:30 ZUMBA!--Sergio (od)</p> |
| <p>27 4:00 SUNDAY ZUMBA PARTY! -Luis</p> | <p>28 8:30 STEP—Laurie 8:45 POOLATES--Julie (odp) 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie</p> | <p>29 8:00 FLEX-ABILITY+ CORE—Julie 10:45 SilverSneakers® CLASSIC—Julie 7:00 ZUMBA!--Luis</p> | <p>30 8:30 STEP—Laurie 8:45 POOLATES--Julie (odp) 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45—Julie 4:15 BODYPUMP®--Stephanie</p> | <p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free. Please go online or call 779-4593 to register for classes.</p> | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|-----------|--|--------|----------|
| | | 1 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie | 2 | 3 12:00 CYCLING—Laurie | 4 | 5 |
| 6 | 7 LABOR DAY HOURS: 7am - 7pm | 8 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie | 9 | 10 12:00 CYCLING—Laurie | 11 | 12 |
| 13 | 14 | 15 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie | 16 | 17 12:00 CYCLING—Laurie | 18 | 19 |
| 20 | 21 | 22 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie | 23 | 24 12:00 CYCLING—Laurie | 25 | 26 |
| 27 | 28 | 29 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie | 30 | <p style="text-align: center;"> Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to members. Please go online or call 779-5141 to register for classes. </p> | | |