

GROUP FITNESS, MAIN ROOM - WEST

JANUARY 2019

Flagstaff Athletic Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 HAPPY NEW YEAR! Club Hours 7 am - 8 pm 10:00 ZUMBA--Carol 10:35 JUST WEIGHT--Carol 11:15 BODYPUMP--Janelle 11:50 willPower Method--Liz 12:25 BODYCOMBAT--Kathy 1:30 YOGA--Ken 5:45 YOGA--Ken	2 5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 INLINE STEP—Kelly 12:45 CORE—Heather 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT® —Vicky/Janelle	3 5:45am GRIT™(P)—Taylor 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE 100's--Angie A 5:45 willPower Method®---Jennifer K	4 5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio	5 9:00 PUNCH/PUMP/PIYO--Janelle/Vicky
6 3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA —Ken	7 5:45am BODYPUMP®—Ely 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 STEP—Kelly 12:45 ON THE BALL—Kaye 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Carol 5:45 BODYPUMP®—Rock	8 5:45am GRIT™(S)—Taylor 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Agnes 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE FUSION®/PILATES --Angie A/Heather R	9 5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 INLINE STEP—Kelly 12:45 CORE—Heather 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT® —Vicky/Janelle	10 5:45am GRIT™(P)—Taylor 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE --Angie A 5:45 willPower Method®---Jennifer K	11 5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio	12 LES MILLS LAUNCH 8:15 BODYCOMBAT® —Katie/Laura/Kathey/Vicky/Janelle 9:30 BODYPUMP®—Janelle/Ely
13 3:00 SUNDAY YOGA--Ken 4:00 SWEAT YOGA —Ken	14 5:45am BODYPUMP®—Ely 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 STEP—Kelly 12:45 ON THE BALL—Kaye 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Carol 5:45 BODYPUMP®—Rock	15 5:45am GRIT™(S)—Taylor 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Agnes 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE FUSION®/PILATES --Angie A/Heather R	16 5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 INLINE STEP—Kelly 12:45 CORE—Heather 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT® —Vicky/Janelle	17 5:45am GRIT™(P)—Taylor 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE --Angie A 5:45 willPower Method®---Jennifer K	18 5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP--Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio	19 8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle
20 3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA --Ken	21 5:45am BODYPUMP®—Ely 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 STEP—Kelly 12:45 ON THE BALL—Kaye 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Carol 5:45 BODYPUMP®—Rock	22 5:45am GRIT™(S)—Taylor 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Agnes 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE ABOVE/PILATES --Angie A/Heather R	23 5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 INLINE STEP—Kelly 12:45 CORE—Heather 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT® —Vicky/Janelle	24 5:45am GRIT™(P)—Taylor 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE --Angie A 5:45 willPower Method®---Jennifer K	25 5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP--Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio	26 8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle
27 3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA --Ken	28 5:45am BODYPUMP®—Ely 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 STEP—Kelly 12:45 ON THE BALL—Kaye 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYPUMP®—Rock	29 5:45am GRIT™(S)—Taylor 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Agnes 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE ABOVE/PILATES --Angie A/Heather R	30 5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 INLINE STEP—Kelly 12:45 CORE—Heather 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT® —Vicky/Janelle	31 5:45am GRIT™(P)—Taylor 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 3:00 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE --Angie A 5:45 willPower Method®---Jennifer K	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 classes. Group Fitness schedule also available online at flagstaffathleticclub.com .	