

GROUP FITNESS, MAIN ROOM - WEST

FEBRUARY 2019

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-eday	Thursday	Friday	Saturday
					1 5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Ely 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!—Sergio	2 8:15 BODYCOMBAT® —Kathy 9:30 SCULPT 360—Carol
3 3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA—Ken	4 5:45am BODYPUMP®—Ely 9:00 SCULPT 360—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	5 5:45am GRIT™(S)—Taylor 9:00 BODYPUMP®—Rock 10:15 ZUMBA!—Agnes 12:15 LUNCHTIME YOGA—Ken 4:30-5:50 BARRE FUSION®/ PILATES/SOLE TRAINING --Angie A/Heather R	6 5:45am TOTAL BODY BLAST—Tera 9:00 SCULPT 360—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	7 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	8 5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!—Sergio	9 HAPPY 40th ANNIVERSARY! FREE GUEST DAY! 8:15 BODYCOMBAT® -Janelle/Vicky 9:05 BODYPUMP® -Katie K/Ely 10:00 PIYO-Agnes 10:50 TOTAL BODY BLAST -Tera
10 3:00 SUNDAY YOGA--Ken 4:00 SWEAT YOGA —Ken	11 5:45am BODYPUMP®—Ely 9:00 SCULPT 360—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	12 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	13 5:45am TOTAL BODY BLAST—Tera 9:00 SCULPT 360—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	14 5:45am GRIT™(P)—Taylor 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Kathy 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE --Angie A 5:45 willPower Method®---Jennifer K	15 5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®--Laura 10:15 BODYPUMP®—Bianca 12:00 STEP--Kelly 12:45 CORE—Kaye 4:30 ZUMBA!—Sergio	16 8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle
17 3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA --Ken	18 5:45am BODYPUMP®—Ely 9:00 SCULPT 360—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	19 5:45am GRIT™(S)—Kristin 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Agnes 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE ABOVE/PILATES --Angie A/Heather R	20 5:45am TOTAL BODY BLAST—Kelly 9:00 SCULPT 360—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	21 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	22 5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP--Kelly 12:45 CORE—Kaye 4:30 ZUMBA!—Sergio	23 8:15 BODYCOMBAT® —Janelle 9:30 BODYPUMP®—Janelle
24 3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA --Ken	25 5:45am BODYPUMP®—Ely 9:00 SCULPT 360—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	26 5:45am GRIT™(S)—Kristin 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Agnes 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE ABOVE/PILATES --Angie A/Heather R	27 5:45am TOTAL BODY BLAST —Tera 9:00 SCULPT 360—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	28 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.	