

GROUP FITNESS, MAIN ROOM - WEST

FEBRUARY 2020

Flagstaff Athletic Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Group Fitness schedule also available online at flagstaffathleticclub.com.</p> <p>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.</p>						<p>1</p> <p>8:15 BODYCOMBAT®—Vicky 9:30 BODYPUMP®--Vicky</p>
<p>2</p> <p>3:00 SUNDAY YOGA—Lucy</p>	<p>3</p> <p>5:45am BODYPUMP®—Ely 7:30 RISE & SHINE YOGA--Marilyn 9:00 SCULPT 360--Roxanne 10:15 BODYPUMP®—Kerry 12:00 BARRE--Angie A 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYPUMP®—Vicky</p>	<p>4</p> <p>5:45 am BODYCOMBAT®—Laura 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Kathy 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE FUSION® & SOLE TRAINING -Angie A 5:45 BODYPUMP®—Brittany</p>	<p>5</p> <p>5:45 am TOTAL BODY BLAST--Tera 9:00 SCULPT 360--Roxanne 10:15 BODYPUMP®—Rock 12:00 STEP & STRENGTH—Kelly 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT®—Vicky 7:00 BARRE ABOVE--Kristina</p>	<p>6</p> <p>5:45am ZUMBA--Tatum 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Lucy 4:30 BARRE 100's-Angie A</p>	<p>7</p> <p>5:45am BODYPUMP®—Brittany 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP & STRENGTH—Kelly 4:30 ZUMBA!--Sergio</p>	<p>8</p> <p>HAPPY ANNIVERSARY! FREE GUEST DAY!</p> <p>8:15 BODYCOMBAT®—Vicky 9:30 BODYPUMP®--Vicky 12:30 SPECIALATHLETES: PILATES --Rochelle</p>
<p>9</p> <p>3:00 SUNDAY YOGA--Lucy</p>	<p>10</p> <p>5:45am BODYPUMP®—Ely 7:30 RISE & SHINE YOGA--Marilyn 9:00 SCULPT 360—Roxanne 10:15 BODYPUMP®—Kerry 12:00 BARRE--Angie A 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Erika 5:45 BODYPUMP®—Vicky</p>	<p>11</p> <p>5:45 am BODYCOMBAT®—Laura 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Kathy 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE FUSION--Angie A 5:45 BODYPUMP®—Brittany</p>	<p>12</p> <p>5:45 am TOTAL BODY BLAST--Tera 9:00 SCULPT 360--Roxanne 10:15 BODYPUMP®—Rock 12:00 STEP & STRENGTH—Kelly 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT®—Vicky 7:00 BARRE LOVE --Kristina</p>	<p>13</p> <p>5:45am ZUMBA--Tatum 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15LUNCHTIME YOGA—Lucy 4:30 BARRE ABOVE --Angie A</p>	<p>14</p> <p>5:45am BODYPUMP®—Brittany 9:00 BODYCOMBAT®--Laura 10:15 BODYPUMP®—Ely 12:00 STEP & STRENGTH--Kelly 4:30 ZUMBA!--Sergio</p>	<p>15</p> <p>8:15 BODYCOMBAT®—Vicky 9:30 BODYPUMP®—Janelle 10:45 BODYPUMP®—Vicky</p>
<p>16</p> <p>3:00 SUNDAY YOGA—Lucy</p>	<p>17</p> <p>5:45am BODYPUMP®—Ely 7:30 RISE & SHINE YOGA--Marilyn 9:00 SCULPT 360—Roxanne 10:15 BODYPUMP®—Kerry 12:00 BARRE--Angie A 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Erika 5:45 BODYPUMP®—Vicky</p>	<p>18</p> <p>5:45 am BODYCOMBAT®—Laura 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Kathy 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE FUSION--Angie A 5:45 BODYPUMP®—Brittany</p>	<p>19</p> <p>5:45 am TOTAL BODY BLAST--Tera 9:00 SCULPT 360--Roxanne 10:15 BODYPUMP®—Rock 12:00 STEP & STRENGTH—Kelly 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT®—Vicky 7:00 BARRE ABOVE--Kristina</p>	<p>20</p> <p>5:45am ZUMBA--Tatum 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Kathy 12:15LUNCHTIME YOGA—Lucy 4:30 BARRE ABOVE --Angie A</p>	<p>21</p> <p>5:45am BODYPUMP®—Brittany 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Ely 12:00 STEP & STRENGTH—Kelly 4:30 ZUMBA!--Sergio</p>	<p>22</p> <p>8:15 BODYCOMBAT®—Vicky 9:30 BODYPUMP®—Janelle 10:45 BODYPUMP®—Vicky</p>
<p>23</p> <p>3:00 SUNDAY YOGA—Lucy</p>	<p>24</p> <p>5:45am BODYPUMP®—Ely 7:30 RISE & SHINE YOGA--Marilyn 9:00 SCULPT 360—Roxanne 10:15 BODYPUMP®—Kerry 12:00 BARRE--Angie A 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Erika 5:45 BODYPUMP®—Vicky</p>	<p>25</p> <p>5:45 am BODYCOMBAT®—Laura 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Kathy 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE FUSION--Angie A 5:45 BODYPUMP®—Brittany</p>	<p>26</p> <p>5:45 am TOTAL BODY BLAST--Kelly 9:00 SCULPT 360--Roxanne 10:15 BODYPUMP®—Rock 12:00 STEP & STRENGTH—Kelly 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT®—Vicky 7:00 BARRE ABOVE--Kristina</p>	<p>27</p> <p>5:45am ZUMBA--Tatum 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15LUNCHTIME YOGA—Lucy 4:30 BARRE ABOVE --Angie A</p>	<p>28</p> <p>5:45am BODYPUMP®—Brittany 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP & STRENGTH—Kelly 4:30 ZUMBA!--Sergio</p>	<p>29</p> <p>8:15 BODYCOMBAT®—Vicky 9:30 BODYPUMP®—Janelle 10:45 BODYPUMP®—Vicky</p>