

GROUP FITNESS, MAIN ROOM - WEST

MARCH 2019

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-eday	Thursday	Friday	Saturday
<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>Group Fitness schedule also available online at flagstaffathleticclub.com.</p>					<p>1</p> <p>5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!—Sergio</p>	<p>2</p> <p>8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle</p>
<p>3</p> <p>12:30 PILATES--Stephanie 3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA —Ken</p>	<p>4</p> <p>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</p>	<p>5</p> <p>5:45am HIIT 40--Kristen 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</p>	<p>6</p> <p>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</p>	<p>7</p> <p>5:45am TOTAL BODY BLAST—Tera 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Anni 4:30 BARRE 100's--Angie A 5:45 willPower Method®---Jennifer K</p>	<p>8</p> <p>5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio</p>	<p>9</p> <p>8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle 12:30 SPECIALATHLETES ZUMBA--Ely</p>
<p>10</p> <p>12:30 PILATES--Flower 3:00 SUNDAY YOGA--Anni 4:00 SWEAT YOGA —Anni</p>	<p>11</p> <p>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—Anni 4:30 ZUMBA!—Carol 5:45 BODYPUMP®—Rock</p>	<p>12</p> <p>5:45am HIIT 40--Kristen 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Agnes 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE FUSION®/PILATES --Angie A/Heather R</p>	<p>13</p> <p>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 -7:15 PUNCH/PUMP/PIYO —Vicky/Janelle</p>	<p>14</p> <p>5:45am TOTAL BODY BLAST—Tera 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</p>	<p>15</p> <p>5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®--Laura 10:15 BODYPUMP®—Katie 12:00 STEP--Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio</p>	<p>16</p> <p>8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle</p>
<p>17</p> <p>12:30 PILATES--Stephanie 3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA --Ken</p>	<p>18</p> <p>9:00 SCULPT 360—Roxanne 10:15 BODYPUMP®—Janelle 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Carol 5:45 BODYPUMP®—Rock</p>	<p>19</p> <p>5:45am HIIT 40--Kristen 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Agnes 12:15 LUNCHTIME YOGA—Ken</p>	<p>20</p> <p>5:45am TOTAL BODY BLAST—Tera 9:00 SCULPT 360—Roxanne 10:15 BODYPUMP®—Janelle 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio</p>	<p>21</p> <p>5:45am TOTAL BODY BLAST—Tera 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Kathy</p>	<p>22</p> <p>9:00 BODYCOMBAT®—Laura 4:30 ZUMBA!--Sergio</p>	<p>23</p>
<p>24</p>	<p>25</p> <p>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</p>	<p>26</p> <p>5:45am HIIT 40--Kristen 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Agnes 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE ABOVE/PILATES --Angie A/Heather R</p>	<p>27</p> <p>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</p>	<p>28</p> <p>5:45am TOTAL BODY BLAST—Tera 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</p>	<p>29</p> <p>5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP--Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio</p>	<p>30</p> <p>8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle</p>
<p>31</p> <p>12:30 PILATES--Flower 3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA --Ken</p>	<p>5:45am BODYPUMP®—Rock</p>	<p>5:45am BODYPUMP®—Rock</p>	<p>5:45am BODYCOMBAT®—Rock</p>	<p>5:45am BODYCOMBAT®—Rock</p>	<p>5:45am BODYCOMBAT®—Rock</p>	<p>5:45am BODYCOMBAT®—Rock</p>