

GROUP FITNESS, MAIN ROOM - WEST

APRIL 2019

Flagstaff Athletic Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 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	2 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	3 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	4 5:45am HITT 40—Tera 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie/Kathy 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE 100s--Angie A	5 5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio	6 8:15 BODYCOMBAT® —Kathy 9:30 GRIT™(S)--Rachel 10:45 BODYCOMBAT® for Beginners Form & Technique--Katie K/Kathy
7 12:30 PILATES--Stephanie 3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA —Ken	8 5:45am BODYPUMP®—Ely 9:00 BARRE ABOVE--Angie A 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	9 5:45am HIIT 40--Kelly 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Agnes 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE FUSION®/ PILATES--Angie A/Heather R	10 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	11 5:45am HITT 40—Tera 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie/Kathy 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE --Angie A	12 5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio	13 8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle
14 12:30 PILATES--Stephanie 3:00 SUNDAY YOGA--Ken 4:00 SWEAT YOGA —Ken	15 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!—Sergio 5:45 BODYPUMP®—Rock	16 5:45am HIIT 40--Kristen 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Agnes 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE FUSION®, CORE & MORE--Angie A	17 5:45am TOTAL BODY BLAST—Tera 9:00 SCULPT 360—Roxanne 10:15 BODYPUMP®—Janelle 12:00 INLINE STEP—Kelly 12:45 CORE—Angie A 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT® —Vicky/Janelle	18 5:45am HITT 40—Tera 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie/Kathy 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®—Thea	19 5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP--Kelly 12:45 CORE—Kaye 4:30 -5:45 ZUMBA NIGHT! --Sergio, Carol, Luis	20 8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle
21 HAPPY EASTER Open Noon - 8 pm	22 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	23 5:45am HIIT 40--Kristen 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Agnes 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE FUSION®, CORE & MORE--Angie A	24 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	25 5:45am HITT 40—Tera 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie/Kathy 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE --Tera 5:45 BODYPUMP®—Thea	26 5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP--Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio	27 9:00-10:30 PUNCH/PUMP/PIYO --Janelle/Vicky 12:30 SPECIAL ATHLETES SCULPT 360--Janelle
28 12:30 PILATES--Flower 3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA --Ken	29 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	30 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	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 .			