

GROUP FITNESS, MAIN ROOM - WEST

MAY 2019

Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed- esday	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 5:45am TOTAL BODY BLAST—Tera 9:00 SCULPT 360—Roxanne 10:15 BODYPUMP®—Janelle 12:00 STEP—Carol 12:45 CORE—Heather 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT® —Vicky/Janelle</p>	<p>2 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 5:45 BODYPUMP®—Thea</p>	<p>3 5:45am BODYPUMP®—Brittany 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio</p>	<p>4 8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle 10:45 BODYPUMP® FORM & TECHNIQUE with Modifications for Beginners--Janelle</p>
<p>5</p> <p>12:30 PILATES--Flower 3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA —Ken</p>	<p>6</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!--Sergio 5:45 BODYPUMP®—Rock</p>	<p>7</p> <p>5:45am HIIT 40--Kristen 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Kathy 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE FUSION®/ PILATES--Angie A/Heather R</p>	<p>8</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>9</p> <p>5:45am HITT 40—Tera 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®—Thea</p>	<p>10</p> <p>5:45am BODYPUMP®—Brittany 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio</p>	<p>11</p> <p>8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle</p>
<p>12</p> <p>12:30 PILATES--Stephanie 3:00 SUNDAY YOGA--Ken 4:00 SWEAT YOGA —Ken</p>	<p>13</p> <p>5:45am BODYPUMP®—Ely 9:00 SCULPT 360—Roxanne 10:15 BODYPUMP®—Janelle 12:00 STEP—Laurie 12:45 ON THE BALL—Kaye 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!--Carol 5:45 BODYPUMP®—Rock</p>	<p>14</p> <p>5:45am HIIT 40--Kristen 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE FUSION®/PILATES --Angie A/Heather R</p>	<p>15</p> <p>5:45am TOTAL BODY BLAST—Tera 9:00 SCULPT 360—Roxanne 10:15 BODYPUMP®—Janelle 12:00 INLINE STEP—Heather 12:45 CORE—Heather 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!--Carol 5:45 BODYCOMBAT® —Janelle</p>	<p>16</p> <p>5:45am HITT 40—Tera 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®—Thea</p>	<p>17</p> <p>5:45am BODYPUMP®—Brittany 9:00 BODYCOMBAT®--Laura 10:15 BODYPUMP®—Katie 12:00 STEP--Angie R 12:45 CORE—Kaye 4:30 -6 ZUMBA!--Sergio</p>	<p>18</p> <p>8:15 BODYCOMBAT® —Janelle 9:30 BODYPUMP®—Janelle 12:30 SPECIAL ATHLETES BEGINNING STEP--Laurie</p>
<p>19</p> <p>12:30 PILATES--Flower 3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA --Ken</p>	<p>20</p> <p>5:45am BODYPUMP®—Ely 9:00 SCULPT 360—Roxanne 10:15 BODYPUMP®—Janelle 12:00 STEP—Laurie 12:45 ON THE BALL—Kaye 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!--Carol/Agnes 5:45 BODYPUMP®—Rock</p>	<p>21</p> <p>5:45am HIIT 40--Kristen 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Kathy 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE FUSION®/PILATES --Angie A/Heather R</p>	<p>22</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>23</p> <p>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</p>	<p>24</p> <p>5:45am BODYPUMP®—Brittany 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP--Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio</p>	<p>25</p> <p>8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle</p>
<p>26</p> <p>12:30 PILATES--Stephanie 3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA --Ken</p>	<p>27</p> <p>HAPPY MEMORIAL DAY! Club Hours 7 am - 8 pm</p> <p>10:15 BODYPUMP®—Janelle 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!--Carol 5:45 BODYPUMP®—Rock</p>	<p>28</p> <p>5:45am HIIT 40--Kristen 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Kathy 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE FUSION®/PILATES --Angie A/Heather R</p>	<p>29</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>30</p> <p>5:45am HITT 40—Tera 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®--Kathy 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®—Thea</p>	<p>31</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>	