

# GROUP FITNESS, MAIN ROOM - WEST

## JUNE 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.</p> <p><b>Group Fitness schedule also available online at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>.</b></p>						<p><b>1</b></p> <p>8:15 BODYCOMBAT® —Janelle/Vicky</p> <p>9:30 BODYPUMP®—Janelle</p>
<p><b>2</b></p> <p>12:30 PILATES--Flower 3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA —Ken</p>	<p><b>3</b></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><b>4</b></p> <p>5:45am HIIT 40--Kristen 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Laura 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE FUSION®/ PILATES--Angie A/Heather R</p>	<p><b>5</b></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><b>6</b></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 --Tera 5:45 BODYPUMP®—Thea</p>	<p><b>7</b></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><b>8</b></p> <p>8:15 BODYCOMBAT® —Janelle/Vicky</p> <p>9:30 BODYPUMP®—Janelle</p>
<p><b>9</b></p> <p>12:30 PILATES--Jennifer K 3:00 SUNDAY YOGA--Ken 4:00 SWEAT YOGA —Ken</p>	<p><b>10</b></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><b>11</b></p> <p>5:45am HIIT 40--Kristen 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Laura 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE ABOVE/PILATES --Kristina/Heather R</p>	<p><b>12</b></p> <p>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® —Janelle/Vicky</p>	<p><b>13</b></p> <p>5:45am HITT 40—Kelly 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie/Kathy 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE --Kristina 5:45 BODYPUMP®—Brittany</p>	<p><b>14</b></p> <p>5:45am BODYPUMP®—Brittany 9:00 BODYCOMBAT®--Kathy 10:15 BODYPUMP®—Katie 12:00 STEP--Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio</p>	<p><b>15</b></p> <p>8:15 BODYCOMBAT® —Janelle/Vicky</p> <p>9:30 BODYPUMP®—Janelle</p>
<p><b>16</b></p> <p>12:30 PILATES--Stephanie 3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA --Ken</p>	<p><b>17</b></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><b>18</b></p> <p>5:45am HIIT 40--Kristen 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Laura 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE FUSION®/PILATES --Angie A/Heather R</p>	<p><b>19</b></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><b>20</b></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><b>21</b></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><b>22</b></p> <p>8:15 BODYCOMBAT® —Janelle/Vicky</p> <p>9:30 BODYPUMP®—Janelle</p>
<p><b>23</b></p> <p>12:30 PILATES--Flower 3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA --Ken</p>	<p><b>24</b></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/Agnes 5:45 BODYPUMP®—Rock</p>	<p><b>25</b></p> <p>5:45am HIIT 40--Kristen 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Laura 12:15 LUNCHTIME YOGA—Ken 4:30-5:45 BARRE FUSION®/PILATES --Angie A/Heather R</p>	<p><b>26</b></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® —Janelle</p>	<p><b>27</b></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®—Brittany</p>	<p><b>28</b></p> <p>5:45am BODYPUMP®—Brittany 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Janelle 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio</p>	<p><b>29</b></p> <p>8:15 BODYCOMBAT® —Janelle</p> <p>9:30 BODYPUMP®—Janelle</p>
<p><b>30</b></p> <p>12:30 PILATES--Stephanie 3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA --Ken</p>						