

# GROUP FITNESS, MAIN ROOM - WEST

## SEPTEMBER 2019

## Flagstaff Athletic Club

Su-day	Mo-day	Tuesday	Wed-eday	Thursday	Friday	Saturday
<b>1</b>  3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA—Ken	<b>2</b> LABOR DAY HOURS 7 am - 8 pm  10:15 BODYPUMP®—Kerry 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Carol 5:45 BODYPUMP®—Janelle	<b>3</b>  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 SOLE TRAINING --Angie A/Heather	<b>4</b>  5:45am TOTAL BODY BLAST—Tera 9:00 SCULPT 360—Roxanne 10:15 BODYPUMP®—Rock 12:00 INLINE STEP—Kelly 12:45 CORE—Heather 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT® —Vicky/Janelle	<b>5</b>  5:45am HIIT 40—Tera 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Kathy 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE 100's--Angie A	<b>6</b>  5:45am BODYPUMP®—Brittany 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Ely 12:00 STEP—Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio	<b>7</b>  8:15 BODYCOMBAT® —Janelle/Vicky 10:30 BODYPUMP®—Janelle  12:30 SPECIAL ATHLETES --SCULPT 360 --Roxanne/Kaye
<b>8</b>  3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA—Ken	<b>9</b>  5:45am BODYPUMP®—Ely 9:00 SCULPT 360—Roxanne 10:15 BODYPUMP®—Kerry 12:00 STEP—Kelly 12:45 ON THE BALL—Kaye 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Carol 5:45 BODYPUMP®—Janelle	<b>10</b>  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	<b>11</b>  5:45am TOTAL BODY BLAST—Tera 9:00 SCULPT 360--Roxanne 10:15 BODYPUMP®—Rock 12:00 INLINE STEP—Kelly 12:45 CORE—Heather 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT® —Vicky/Janelle	<b>12</b>  5:45am HIIT 40—Tera 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE--Angie A	<b>13'</b>  5:45am BODYPUMP®—Brittany 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP—Laurie 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio	<b>14</b>  8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle
<b>15</b>  3:00 SUNDAY YOGA--Ken 4:00 SWEAT YOGA —Ken	<b>16</b>  5:45am BODYPUMP®—Ely 9:00 BARRE--Tera 10:15 BODYPUMP®—Kerry 12:00 STEP—Kelly 12:45 ON THE BALL—Kaye 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Carol 5:45 BODYPUMP®—Janelle	<b>17</b>  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	<b>18</b>  5:45am TOTAL BODY BLAST—Tera 9:00 BARRE--Angie A 10:15 BODYPUMP®—Rock 12:00 INLINE STEP—Kelly 12:45 CORE—Heather 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT® —Vicky/Janelle	<b>19</b>  5:45am HIIT 40—Tara 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE --Angie A	<b>20</b>  5:45am BODYPUMP®—Brittany 9:00 BODYCOMBAT®--Laura 10:15 BODYPUMP®—Katie 12:00 STEP--Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio	<b>21</b>  8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle
<b>22</b>  3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA --Ken	<b>23</b>  5:45am BODYPUMP®—Ely 9:00 BARRE-Kristina 10:15 BODYPUMP®—Kerry 12:00 STEP—Kelly 12:45 ON THE BALL—Kaye 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio/Agnes 5:45 BODYPUMP®—Janelle	<b>24</b>  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	<b>25</b>  5:45am TOTAL BODY BLAST—Tera 9:00 BARRE--Angie A 10:15 BODYPUMP®—Rock 12:00 INLINE STEP—Kelly 12:45 CORE—Heather 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYCOMBAT® —Vicky/Janelle	<b>26</b>  5:45am HIIT 40—Tera 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE --Angie A	<b>27</b>  5:45am BODYPUMP®—Brittany 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP--Kelly 12:45 CORE—Kaye 4:30 ZUMBA!--Sergio	<b>28</b>  8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle
<b>29</b>  3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA—Ken	<b>30</b>  5:45am BODYPUMP®—Ely 9:00 SCULPT 360—Roxanne 10:15 BODYPUMP®—Katie K 12:00 STEP—Kelly 12:45 ON THE BALL—Kaye 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!—Sergio 5:45 BODYPUMP®—Janelle	<p><b>Group Fitness schedule also available online at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>.</b></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>				