

GROUP FITNESS, MAIN ROOM - WEST

NOVEMBER 2018

Flagstaff Athletic Club

Su-day

Mo-day

Tuesday

Wed- esday

Thursday

Friday

Saturday

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.

Su-day		Mo-day	Tuesday	Wed- esday	Thursday	Friday	Saturday	
<p>1</p> <p>5:45am GRIT™(P)—Taylor 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE 100's --Angie A 5:45 BODYPUMP®—Veronica</p>				<p>2</p> <p>5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Veronica 10:15 BODYPUMP®—Katie 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 GRIT™(P)—Taylor 4:30 ZUMBA!--Sergio</p>		<p>3</p> <p>8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP®—Janelle</p>		
<p>4</p> <p>3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA —Ken</p>		<p>5</p> <p>5:45am BODYPUMP®—Ely 9:00 JUST WEIGHT—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>6</p> <p>5:45am GRIT™(S)—Taylor 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>7</p> <p>5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—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>8</p> <p>5:45am GRIT™(P)—Taylor 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®—Ely</p>	<p>9</p> <p>5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP—Kelly 12:45 CORE—Kaye 1:30 GRIT™(P)—Rachel 4:30 ZUMBA!--Sergio</p>	<p>10</p> <p>8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP® --Janelle</p>	
<p>11</p> <p>3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA —Ken</p>		<p>12</p> <p>5:45am BODYPUMP®—Ely 9:00 JUST WEIGHT—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>13</p> <p>5:45am GRIT™(S)—Taylor 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>14</p> <p>5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—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>15</p> <p>5:45am GRIT™(P)—Taylor 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®—Veronica</p>	<p>16</p> <p>5:45am BODYPUMP®—Bianca 9:00 BODYCOMBAT®--Veronica 10:15 BODYPUMP®—Katie 12:00 STEP--Kelly 12:45 CORE—Kaye 1:30 GRIT™(P)—Rachel 4:30 ZUMBA!--Sergio</p>	<p>17</p> <p>8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP® --Janelle</p>	
<p>18</p> <p>3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA --Ken</p>		<p>19</p> <p>5:45am BODYPUMP®—Ely 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Katie 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>20</p> <p>5:45am GRIT™(S)—Taylor 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>21</p> <p>CLUB HOURS: 5 am - 6 pm</p> <p>5:45am TURKEY PREP—Tera 9:00 JUST WEIGHT—Roxanne 10:15 BODYPUMP®—Janelle 12:00 INLINE STEP—Kelly 12:45 CORE—Heather 1:30 LUNCHTIME YOGA—Ken 4:30 ZUMBA!--Sergio</p>	<p>22</p> <p>HAPPY THANKSGIVING! CLUBS CLOSED</p>		<p>23</p> <p>9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Janelle 1:30 GRIT™(P)—Rachel 4:30 ZUMBA!--Sergio</p>	<p>24</p> <p>8:15 BODYCOMBAT® —Janelle/Vicky 9:30 BODYPUMP® --Janelle</p>
<p>25</p> <p>3:00 SUNDAY YOGA—Ken 4:00 SWEAT YOGA -Ken</p>		<p>26</p> <p>5:45am BODYPUMP®--Bianca 9:00 JUST WEIGHT—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>27</p> <p>5:45am GRIT™(S)—Taylor 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>28</p> <p>5:45am HARDCORPS—Tera 9:00 JUST WEIGHT—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>29</p> <p>5:45am GRIT™(P)—Taylor 9:00 BODYPUMP®—Rock 10:15 BODYCOMBAT®—Katie 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE --Angie A 5:45 BODYPUMP®—Ely</p>	<p>30</p> <p>5:45am BODYPUMP®—Ely 9:00 BODYCOMBAT®—Laura 10:15 BODYPUMP®—Katie 12:00 STEP--Kelly 12:45 CORE—Kaye 1:30 GRIT™(P)—Rachel 4:30 ZUMBA!--Sergio</p>		