

GROUP FITNESS, MAIN ROOM - WEST

DECEMBER 2018

Flagstaff Athletic Club

Sunday

Monday

Tuesday

Wednesday

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.

<p>1</p> <p>8:15 BODYCOMBAT® —Janelle/Vicky</p> <p>9:30 BODYPUMP®—Janelle</p>						
<p>2</p> <p>3:00 SUNDAY YOGA—Michael</p> <p>4:00 SWEAT YOGA —Michael</p>	<p>3</p> <p>5:45am BODYPUMP®—Ely</p> <p>9:00 JUST WEIGHT—Roxanne</p> <p>10:15 BODYPUMP®—Janelle</p> <p>12:00 STEP—Kelly</p> <p>12:45 ON THE BALL—Kaye</p> <p>1:30 LUNCHTIME YOGA—Anni</p> <p>4:30 ZUMBA!—Sergio</p>	<p>4</p> <p>5:45am GRIT™(S)—Taylor</p> <p>9:00 BODYPUMP®—Rock</p> <p>10:15 ZUMBA!--Agnes</p> <p>12:15 LUNCHTIME YOGA—Anni</p> <p>4:30-5:45 BARRE FUSION®/PILATES --Angie A/Heather R</p>	<p>5</p> <p>5:45am HARDCORPS—Tera</p> <p>9:00 JUST WEIGHT—Roxanne</p> <p>10:15 BODYPUMP®—Janelle</p> <p>12:00 INLINE STEP—Kelly</p> <p>12:45 CORE—Heather</p> <p>1:30 LUNCHTIME YOGA—Anni</p> <p>4:30 ZUMBA!—Sergio</p> <p>5:45 BODYCOMBAT® —Vicky/Janelle</p>	<p>6</p> <p>5:45am GRIT™(P)—Taylor</p> <p>9:00 BODYPUMP®—Rock</p> <p>10:15 BODYCOMBAT®—Katie</p> <p>12:15 LUNCHTIME YOGA—Anni</p> <p>4:30 BARRE ABOVE --Angie A</p> <p>5:45 BODYPUMP®—Bianca</p>	<p>7</p> <p>5:45am BODYPUMP®—Ely</p> <p>9:00 BODYCOMBAT®—Laura</p> <p>10:15 BODYPUMP®—Katie</p> <p>12:00 STEP—Kelly</p> <p>12:45 CORE—Kaye</p> <p>4:30 ZUMBA!--Sergio</p>	<p>8</p> <p>9:00 PLANK CHALLENGE</p> <p>9:30 willPower® Method --Jennifer</p>
<p>9</p> <p>3:00 SUNDAY YOGA--Ken</p> <p>4:00 SWEAT YOGA —Ken</p>	<p>10</p> <p>5:45am BODYPUMP®—Ely</p> <p>9:00 JUST WEIGHT—Roxanne</p> <p>10:15 BODYPUMP®—Janelle</p> <p>12:00 STEP—Kelly</p> <p>12:45 ON THE BALL—Kaye</p> <p>1:30 LUNCHTIME YOGA—Ken</p> <p>4:30 ZUMBA!—Sergio</p> <p>5:45 BODYPUMP®—Rock</p>	<p>11</p> <p>5:45am GRIT™(S)—Taylor</p> <p>9:00 BODYPUMP®—Rock</p> <p>10:15 ZUMBA!--Agnes</p> <p>12:15 LUNCHTIME YOGA—Ken</p> <p>4:30-5:45 BARRE FUSION®/PILATES --Angie A/Heather R</p>	<p>12</p> <p>5:45am HARDCORPS—Tera</p> <p>9:00 JUST WEIGHT—Roxanne</p> <p>10:15 BODYPUMP®—Janelle</p> <p>12:00 INLINE STEP—Kelly</p> <p>12:45 CORE—Heather</p> <p>1:30 LUNCHTIME YOGA—Ken</p> <p>4:30 ZUMBA!—Sergio</p> <p>5:45 BODYCOMBAT® —Vicky/Janelle</p>	<p>13</p> <p>5:45am GRIT™(P)—Taylor</p> <p>9:00 BODYPUMP®—Rock</p> <p>10:15 BODYCOMBAT®—Katie</p> <p>12:15 LUNCHTIME YOGA—Ken</p> <p>4:30 BARRE ABOVE --Angie A</p> <p>5:45 BODYPUMP®—Bianca</p>	<p>14</p> <p>5:45am BODYPUMP®—Ely</p> <p>9:00 BODYCOMBAT®—Laura</p> <p>10:15 BODYPUMP®—Katie</p> <p>12:00 STEP—Kelly</p> <p>12:45 CORE—Kaye</p> <p>4:30 ZUMBA!--Sergio</p>	<p>15</p> <p>9-10:30 CHRISTMAS COOKIE CRUSHER! --Janelle/Vicky</p> <p>9:00 BODYCOMBAT®</p> <p>9:30 BODYPUMP®</p> <p>10:00 PIYO</p>
<p>16</p> <p>3:00 SUNDAY YOGA—Ken</p> <p>4:00 SWEAT YOGA --Ken</p>	<p>17</p> <p>5:45am BODYPUMP®—Ely</p> <p>9:00 JUST WEIGHT—Roxanne</p> <p>10:15 BODYPUMP®—Janelle</p> <p>12:00 STEP—Kelly</p> <p>12:45 ON THE BALL—Kaye</p> <p>1:30 LUNCHTIME YOGA—Ken</p> <p>4:30 ZUMBA!—Carol</p> <p>5:45 BODYPUMP®—Janelle</p>	<p>18</p> <p>5:45am GRIT™(S)—Taylor</p> <p>9:00 BODYPUMP®—Katie</p> <p>10:15 ZUMBA!--Agnes</p> <p>12:15 LUNCHTIME YOGA—Ken</p> <p>4:30-5:45 BARRE ABOVE/PILATES --Angie A/Heather R</p>	<p>19</p> <p>5:45am HARDCORPS—Tera</p> <p>9:00 JUST WEIGHT—Roxanne</p> <p>10:15 BODYPUMP®—Janelle</p> <p>12:00 INLINE STEP—Kelly</p> <p>12:45 CORE—Heather</p> <p>1:30 LUNCHTIME YOGA—Ken</p> <p>4:30 ZUMBA!—Sergio</p> <p>5:45 BODYCOMBAT® —Vicky/Janelle</p>	<p>20</p> <p>5:45am GRIT™(P)—Taylor</p> <p>9:00 BODYPUMP®—Rock</p> <p>10:15 BODYCOMBAT®—Katie</p> <p>12:15 LUNCHTIME YOGA—Anni</p> <p>4:30 BARRE ABOVE --Angie A</p>	<p>21</p> <p>5:45am BODYPUMP®—Ely</p> <p>9:00 BODYCOMBAT®—Laura</p> <p>10:15 BODYPUMP®—Katie</p> <p>12:00 JINGLE STEP--Angie R</p> <p>12:45 CORE—Kaye</p> <p>4:30 ZUMBA!--Sergio</p>	<p>22</p> <p>8:15 BODYCOMBAT® —Janelle/Vicky</p> <p>9:30 BODYPUMP® ---Janelle</p>
<p>23</p>	<p>24</p> <p>Club Hours: 5 am - 4pm</p> <p>9:00 JUST WEIGHT—Roxanne</p> <p>10:15 BODYPUMP®—Janelle</p>	<p>25</p> <p>HAPPY HOLIDAYS! CLUBS CLOSED</p>	<p>26</p> <p>5:45am HARDCORPS—Tera</p> <p>9:00 JUST WEIGHT—Roxanne</p> <p>10:15 BODYPUMP®—Janelle</p> <p>4:30 ZUMBA!—Sergio</p> <p>5:45 BODYCOMBAT® —Vicky/Janelle</p>	<p>27</p> <p>5:45am GRIT™(P)—Taylor</p> <p>9:00 BODYPUMP®—Rock</p> <p>10:15 BODYCOMBAT®—Katie</p> <p>4:30 BARRE ABOVE --Angie A</p>	<p>28</p> <p>5:45am BODYPUMP®—Ely</p> <p>9:00 BODYCOMBAT®—Laura</p> <p>10:15 BODYPUMP®—Katie</p> <p>12:00 STEP--Kelly</p> <p>12:45 CORE—Kaye</p> <p>4:30 ZUMBA!--Sergio</p>	<p>29</p> <p>8:15 BODYCOMBAT® —Janelle/Vicky</p> <p>9:30 BODYPUMP®—Janelle</p>
<p>30</p>	<p>31</p> <p>Club Hours: 5 am - 6pm</p> <p>9:00 JUST WEIGHT—Roxanne</p> <p>10:15 BODYPUMP®—Janelle</p> <p>12:00 STEP—Kelly</p> <p>12:45 ON THE BALL—Kaye</p> <p>4:30 ZUMBA!—Carol</p>					