

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|--|--|
| | 1 Club Hours 7am-6pm 7:45 Silver Challenge--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi | 2 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 4:45 HIIT--Kristina | 3 5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle | 4 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean | 5 5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely | 6 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan |
| 7 3:00 SUNDAY YOGA—Carol | 8 5:30am BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean | 9 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 4:45 HIIT--Kristina | 10 5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle | 11 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean | 12 5:30am BODYPUMP® - Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely | 13 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan |
| 14 3:00 SUNDAY YOGA-- Erin | 15 5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Sean/Janelle 6:00 BODYPUMP® 45--Sean/Janelle | 16 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 4:45 HIIT--Kristina 7:00 ZUMBA!--Melissa | 17 5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle | 18 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle | 19 5:30am BODYPUMP® --Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely | 20 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan |
| 21 3:00 SUNDAY YOGA--Tatiana | 22 5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean | 23 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 4:45 HIIT--Kristina 7:00 ZUMBA!--Melissa | 24 5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 PILATES FUSION--Jan 5:30 BODYCOMBAT®--Janelle | 25 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle | 26 5:30am BODYPUMP® --Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely | 27 11:00 SILVER FITNESS- Jan |
| 28 3:00 SUNDAY YOGA—Carol | 29 5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean | 30 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP® —Rock 10:30 SILVER FITNESS--Jan 4:45 HIIT--Kristina 7:00 ZUMBA!--Melissa | 31 5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle | <p>Group Fitness schedule also available at flagstaffathleticclub.com</p> <p>All group fitness classes are free to members unless marked (fee)</p> <p>Schedule published on 12/27/23. Check the app or call any Service Desk at 779-4593 for most up to date information.</p> | | |

JANUARY 2024

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|--|---|---|---|---|
| | 1 Club Hours 7am-6pm 9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Tatiana | 2 6:00 PILATES--Richard 9:00 PILATES FUSION--Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Angie R | 3 9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Jan 6:00 ZUMBA!--Mickella | 4 6:00 PILATES--Richard 9:00 TRX-- Emilia 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Tatiana 6:15 VINYASA FLOW-Tatiana | 5 9:00 YIN YOGA--Jan 1:30 LUNCHTIME YOGA--Tatiana 5:30 pm FRIDAY FULL PSYCLE --Darrin | 6 8:15 RPM™-Angie R/Sean 9:30 PILATES--Richard |
| 7 | 8 9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb 1:30 LUNCHTIME YOGA--Tatiana | 9 6:00 PILATES--Richard 9:00 PILATES FUSION--Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Angie R 6:15 VINYASA FLOW-Jacqui | 10 9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Jan 6:00 LATIN DANCE--Carol | 11 6:00 PILATES--Richard 9:00 TRX-- Emilia 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Tatiana 6:15 VINYASA FLOW-Jacqui | 12 9:00 YIN YOGA--Jan 1:30 LUNCHTIME YOGA--Jacqui 5:30 pm FRIDAY FULL PSYCLE --Darrin | 13 8:15 RPM™-Angie R/Sean 9:30 PILATES--Richard |
| 14 | 15 9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb 1:30 LUNCHTIME YOGA--Tatiana | 16 6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Tatiana 5:15 RPM™-- Angie R 6:15 VINYASA FLOW-Jacqui | 17 9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Jan 6:00 ZUMBA--Mickella | 18 6:00 PILATES--Richard 9:00 TRX-- Emilia 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Tatiana 6:15 VINYASA FLOW-Jacqui | 19 9:00 YIN YOGA--Jan 1:30 LUNCHTIME YOGA--Jacqui 5:30 pm FRIDAY FULL PSYCLE --Darrin | 20 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard |
| 21 | 22 9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb 1:30 LUNCHTIME YOGA--Tatiana | 23 6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Tatiana 5:15 RPM™--Angie R 6:15 VINYASA FLOW-- Jacqui | 24 9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Jan 6:00 ZUMBA--Mickella | 25 6:00 PILATES--Richard 9:00 TRX-- Emilia 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Jan 6:15 GENTLE YOGA with LIVE SOUND BATH--Jacqui | 26 9:00 YIN YOGA--Jan 1:30 GENTLE YOGA with LIVE SOUND BATH--Jacqui 5:30 pm FRIDAY FULL PSYCLE --Darrin | 27 9:30 PILATES--Richard |
| 28 | 29 9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb 1:30 LUNCHTIME YOGA--Tatiana | 30 6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™--Angie R 6:15 GENTLE YOGA with LIVE SOUND BATH--Jacqui | 31 9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Jan 6:00 ZUMBA--Mickella | <p style="text-align: center;">Group Fitness schedule also available at flagstaffathleticclub.com</p> <p style="text-align: center;">All group fitness classes are free to members unless marked (fee) Schedule published on 12/27/23. Check the app or call any Service Desk at 779-4593 for most up to date information.</p> | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--|---|---|--|--|---|---|--|
| 1 9:00 BODYCOMBAT® — Vicky/Ely 10:15 BODYPUMP® — Ely 2:45 HIGH FITNESS--Ali 4:00 ZUMBA!--Melissa | 1 Club Hours 7am-6pm 10:00 AQUA B.A.S.I.C. 45--Jan 11:00 M & S 50--Julie 3:30 FLEX-ABILITY+CORE--Julie | 2 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*-- Julie 9:00 BODYPUMP®--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Carol 4:45 BARRE 100's--Angie A 6:00 BODYPUMP® 45--Ely | 3 5:30 GRIT STRENGTH--Kristi 8:30 STEP--Dayne 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30--Carol 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 EVENING YOGA--Tatiana | 4 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION& Sole Train- ing--Angie A 6:00 BODYPUMP®45--Ely | 5 9:00 PUMP® IT MORE LIKE ITS 2024 --Angie R/Julie 10:00 AQUA B.A.S.I.C.45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard | 6 8:15 YOGA/PILATES FUSION -Kristina 9:30 ZUMBA!--Kate/Melissa 10:45 FLEX-ABILITY+CORE--Julie | |
| 7 9:00 BODYCOMBAT® — Vicky/Ely 10:15 BODYPUMP® — Ely 2:45 HIGH FITNESS--Ali 4:00 ZUMBA!--Melissa | 8 5:30 GRIT Athletic-Stephanie 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Cardio--Kristi 5:30 LATIN DANCE!- Carol 6:45 STEP & STRENGTH--Dayne | 9 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP®--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP® 45--Ely | 10 5:30 GRIT Strength--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT STRENGTH--Stephanie 5:30 EVENING YOGA--Tatiana | 11 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Ely | 12 9:00 BODYPUMP--Angie R 10:00 AQUA B.A.S.I.C.45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard | 13 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie | |
| 14 9:00 BODYCOMBAT® — Vicky/Ely 10:15 BODYPUMP® — Ely 2:45 STEP & STRENGTH --Dayne 4:00 ZUMBA!--Melissa/Carol | 15 5:30 GRIT Athletic-Stephanie 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Cardio--Kristi 5:30 ZUMBA!-- Mickella/Melissa 6:45 STEP & STRENGTH--Dayne | 16 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP® 45--Ely | 17 5:30 GRIT™ Strength--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 EVENING YOGA--Tatiana | 18 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Melissa | 19 9:00 BODYPUMP-Angie R 10:00 AQUA B.A.S.I.C. 45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard | 20 8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE--Carol 10:45 FLEX-ABILITY+CORE--Julie | |
| 21 9:00 BODYCOMBAT® — Vicky 10:15 BODYPUMP® —Tommi 2:45 SOULFUSION--Angie A 4:00 ZUMBA!--Melissa | 22 5:30 GRIT™ Cardio--Stephanie 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Jan 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Cardio--Kristi 5:30 ZUMBA!--Mickella 6:45 STEP &STRENGTH--Dayne | 23 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP®--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP® 45--Ely | 24 5:30 GRIT™ Strength--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Michael 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 EVENING YOGA--Tatiana | 25 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Melissa | 26 9:00 BODYPUMP-Angie R 10:00 AQUA B.A.S.I.C. 45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard | 27 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie | |
| 28 9:00 BODYCOMBAT® — Vicky/Ely 10:15 BODYPUMP® — Ely 2:45 JAMBARREE--Kerry 4:00 ZUMBA!--Melissa | 29 5:30 GRIT Cardio-Stephanie 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Cardio--Kristi 5:30 ZUMBA!-- Mickella 6:45 STEP &STRENGTH--Dayne | 30 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP®--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP® 45--Ely | 31 5:30 GRIT™ Strength--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 EVENING YOGA--Tatiana | <p style="text-align: center;">Group Fitness schedule also available at flagstaffathleticclub.com</p> <p style="text-align: center;">All group fitness classes are free to members</p> <p style="text-align: center;">Schedule published on 1/4/23. Check the app or call any Service Desk at 526-8652 for most up to date information.</p> <p style="text-align: center;">*Class held at Indoor Pool</p> | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|--|---|--|---|
| | 1 Club Hours 7am-6pm | 2 5:30am CYCLEFIT--Rochelle 10:45 MOVE 'n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb | 3 9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45--Jules | 4 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE 'n GROOVE --Laurie 5:15 BODYJAM 30- Dayne | 5 10:15 ZUMBA!-- Kate 12:00 PILATES--Jan | 6 |
| 7 | 8 9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard | 9 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE 'n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb | 10 9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45--Jules | 11 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE 'n GROOVE --Laurie 5:15 BODYJAM 30- Dayne | 12 10:15 LATIN DANCE--Carol 12:00 PILATES--Jan | 13 |
| 14 | 15 9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard | 16 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE 'n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb | 17 9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45--Jules | 18 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE 'n GROOVE--Laurie 5:15 BODYJAM 30- Dayne | 19 10:15 ZUMBA!--Kate 12:00 PILATES--Jan | 20 |
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| 28 | 29 9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard | 30 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE 'n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb | 31 9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45---Jules | <p>Group Fitness schedule also available at Flagstaffathleticclub.com All group fitness classes are free to members unless marked (fee) Schedule published on 12/27/23. Check the app or call any Service Desk at 526-8652 for most up to date information. ** Class held in the gym</p> | | |