

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Group Fitness schedule also available at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a></b>                      All group fitness classes are free to members.                      Please go online or call 779-4593 to register for all classes!</p>					<p><b>1</b>                      HAPPY NEW YEAR!                      Club Hours: 7 am - 7 pm</p>	<p><b>2</b>                      8:15 BODYCOMBAT®                      —Vicky                      9:30 BODYPUMP®—Janelle</p>
<p><b>3</b>                      3:00 SUNDAY YOGA                      —Lucy</p>	<p><b>4</b>                      5:45am BODYPUMP®—Stephanie                      9:00 BODYCOMBAT®—Vicky                      1:30 LUNCHTIME YOGA—Ken                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® 45—Janelle</p>	<p><b>5</b>                      9:00 BODYPUMP®—Rock                      12:15 LUNCHTIME YOGA—Ken</p>	<p><b>6</b>                      9:00 BODYPUMP®—Rock                      1:30 LUNCHTIME YOGA—Ken                      5:30 BODYCOMBAT®—Janelle                      6:45 NEW YEAR BARRE/PILATES                      --Kristina</p>	<p><b>7</b>                      9:00 BODYPUMP®—Rock                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® 45—Janelle</p>	<p><b>8</b>                      5:45am BODYPUMP®—Brittany                      4:30 SPRINT™ --Sean</p>	<p><b>9</b>                      8:15 BODYCOMBAT®                      —Janelle                      9:30 BODYPUMP®—Janelle</p>
<p><b>10</b>                      3:00 SUNDAY YOGA                      —Lucy</p>	<p><b>11</b>                      5:45am BODYPUMP®—Stephanie                      9:00 BODYCOMBAT®—Vicky                      1:30 LUNCHTIME YOGA—Ken                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® 45—Janelle</p>	<p><b>12</b>                      9:00 BODYPUMP®—Rock                      12:15 LUNCHTIME YOGA—Ken</p>	<p><b>13</b>                      9:00 BODYPUMP®—Rock                      1:30 LUNCHTIME YOGA—Ken                      5:30 BODYCOMBAT®—Janelle                      6:45 BARRE/PILATES                      FUSION--Kristina</p>	<p><b>14</b>                      9:00 BODYPUMP®—Rock                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® 45—Janelle</p>	<p><b>15</b>                      5:45am BODYPUMP®—Brittany                      4:30 SPRINT™ --Sean</p>	<p><b>16</b>                      Go to the EAST CLUB GYM!                      9-12:30 LES MILLS LAUNCH                      in the GYM                      9:00 BODYCOMBAT®                      9:45 BODYJAM®                      10:30 BODYPUMP®                      11:15 RPM™                      12:00 SPRINT™</p>
<p><b>17</b>                      3:00 SUNDAY YOGA                      —Lucy</p>	<p><b>18</b>                      5:45am BODYPUMP®—Stephanie                      9:00 BODYCOMBAT®—Vicky                      1:30 LUNCHTIME YOGA—Ken                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® 45—Janelle</p>	<p><b>19</b>                      9:00 BODYPUMP®—Rock                      12:15 LUNCHTIME YOGA—Ken</p>	<p><b>20</b>                      9:00 BODYPUMP®—Rock                      1:30 LUNCHTIME YOGA—Ken                      5:30 BODYCOMBAT®—Janelle                      6:45 BARRE/PILATES FUSION                      --Kristina</p>	<p><b>21</b>                      9:00 BODYPUMP®—Rock                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® 45—Janelle</p>	<p><b>22</b>                      5:45am BODYPUMP®—Brittany                      4:30 SPRINT™ --Sean</p>	<p><b>23</b>                      8:15 BODYCOMBAT®                      —Vicky                      9:30 BODYPUMP®—Janelle</p>
<p><b>24/31</b>                      3:00 SUNDAY YOGA                      —Lucy</p>	<p><b>25</b>                      5:45am BODYPUMP®—Stephanie                      9:00 BODYCOMBAT®—Vicky                      1:30 LUNCHTIME YOGA—Ken                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® 45—Janelle</p>	<p><b>26</b>                      9:00 BODYPUMP®—Rock                      12:15 LUNCHTIME YOGA—Ken</p>	<p><b>27</b>                      9:00 BODYPUMP®—Rock                      1:30 LUNCHTIME YOGA—Ken                      5:30 BODYCOMBAT®—Janelle                      6:45 BOSU BARRE/PILATES                      --Kristina</p>	<p><b>28</b>                      9:00 BODYPUMP®—Rock                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® 45—Janelle</p>	<p><b>29</b>                      5:45am BODYPUMP®—Brittany                      4:30 SPRINT™ --Sean</p>	<p><b>30</b>                      8:15 BODYCOMBAT®                      —Vicky                      9:30 BODYPUMP®—Janelle</p>

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<p><b>3</b></p>	<p><b>4</b>                      12:00 HRT CYCLING--Robb</p>	<p><b>5</b>                      10:15 SPRINT™—Rock                      5:15 RPM™60--Angie R</p>	<p><b>6</b>                      5:45 am CYCLING 45--Stephanie                      5:45-7pm SWEAT YOGA/WORLD                      PEACE MEDITATION--Ken</p>	<p><b>7</b>                      10:15 SPRINT™--Rock</p>	<p><b>8</b>                       10:15 POWER FLOW YOGA                      —Anni</p>	<p><b>9</b>                       8:15 RPM™45--Sean</p>
<p><b>10</b></p>	<p><b>11</b>                      12:00 HRT CYCLING—Robb</p>	<p><b>12</b>                      10:15 SPRINT™—Rock                      5:15 RPM™60--Angie R</p>	<p><b>13</b>                      5:45 am CYCLING 45--Stephanie                      5:45-7pm SWEAT YOGA/WORLD                      PEACE MEDITATION--Ken</p>	<p><b>14</b>                      10:15 SPRINT™--Rock</p>	<p><b>15</b>                       10:15 POWER FLOW YOGA                      —Anni</p>	<p><b>16</b>                      Go to the EAST CLUB GYM!                      9-12:30 LES MILLS LAUNCH                      in the GYM                      9:00 BODYCOMBAT®                      9:45 BODYJAM®                      10:30 BODYPUMP®                      11:15 RPM™                      12:00 SPRINT™</p>
<p><b>17</b></p>	<p><b>18</b>                      12:00 HRT CYCLING--Robb</p>	<p><b>19</b>                      10:15 SPRINT™—Rock                      5:15 RPM™60--Angie R</p>	<p><b>20</b>                      5:45 am CYCLING 45--Stephanie                      5:45-7pm SWEAT YOGA/WORLD                      PEACE MEDITATION--Ken</p>	<p><b>21</b>                       10:15 SPRINT™--Rock</p>	<p><b>22</b>                       10:15 POWER FLOW YOGA                      —Anni</p>	<p><b>23</b>                       8:15 RPM™45--Sean</p>
<p><b>24/31</b></p>	<p><b>25</b>                      12:00 HRT CYCLING--Robb</p>	<p><b>26</b>                      10:15 SPRINT™—Rock                      5:15 RPM™60--Angie R</p>	<p><b>27</b>                      5:45 am CYCLING 45--Stephanie                      5:45-7pm SWEAT YOGA/WORLD                      PEACE MEDITATION--Ken</p>	<p><b>28</b>                      10:15 SPRINT™--Rock</p>	<p><b>29</b>                       10:15 POWER FLOW YOGA                      —Anni</p>	<p><b>30</b>                       8:15 RPM™45--Angie R</p>

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<p><b>3</b>                      1:45 SOULfusion--Angie A</p>	<p><b>4</b>                      8:30 STEP--Laurie                      9:00 POOLATES--Julie                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 45--Julie                      12:15 LUNCHTIME YOGA--Carol                      5:15 BODYJAM®--Kerry                      6:00 BODYPUMP® 45--Kerry</p>	<p><b>5</b>                      8:00 FLEX-ABILITY+ CORE--Julie                      9:15 POOLATES--Julie                      9:15 BODYJAM®--Jules                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE 100's--Angie A                      6:30 ZUMBA!--Sergio</p>	<p><b>6</b>                      8:30 STEP--Laurie                      9:00 POOLATES--Julie                      9:00 BODYPUMP®--Angie R                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 45--Julie                      12:15 LUNCHTIME YOGA--Carol                      5:15 BODYPUMP®--Stephanie</p>	<p><b>7</b>                      8:00 FLEX-ABILITY+ CORE--Julie                      9:15 POOLATES--Julie                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE FUSION &amp; SOLE TRAINING--Angie A                      6:30 ZUMBA!--Sergio</p>	<p><b>8</b>                      9:00 POOLATES--Julie                      9:00 BODYPUMP®--Angie R                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:30 BEG STEP 30--Laurie                      11:30 MOVEMENT &amp; STRENGTH 45--Julie</p>	<p><b>9</b>                      8:15 BASIC PILATES &amp; YOGA FUSION--Carol                      9:30 ZUMBA!--Sergio</p>
<p><b>10</b>                      12:30 BODYPUMP®--Brittany                      1:45 SOULfusion--Angie A</p>	<p><b>11</b>                      8:30 STEP--Laurie                      9:00 POOLATES--Julie                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 45--Julie                      12:15 LUNCHTIME YOGA--Carol                      5:15 BODYJAM®--Kerry                      6:00 BODYPUMP® 45--Kerry</p>	<p><b>12</b>                      8:00 FLEX-ABILITY+ CORE--Julie                      9:15 POOLATES--Julie                      9:15 BODYJAM®--Jules                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE ABOVE--Angie A                      6:30 ZUMBA!--Sergio</p>	<p><b>13</b>                      8:30 STEP--Laurie                      9:00 POOLATES--Julie                      9:00 BODYPUMP®--Angie R                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 45--Julie                      12:15 LUNCHTIME YOGA--Carol                      5:15 BODYPUMP®--Stephanie</p>	<p><b>14</b>                      8:00 FLEX-ABILITY+ CORE--Julie                      9:15 POOLATES--Julie                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE FUSION--Angie A                      6:30 ZUMBA!--Sergio</p>	<p><b>15</b>                      9:00 POOLATES--Julie                      9:00 BODYPUMP®--Angie R                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:30 BEG STEP 30--Laurie                      11:30 MOVEMENT &amp; STRENGTH 45--Julie</p>	<p><b>16</b>                      Go to the EAST CLUB GYM!                      9-12:30 LES MILLS LAUNCH in the GYM                      9:00 BODYCOMBAT®                      9:45 BODYJAM®                      10:30 BODYPUMP®                      11:15 RPM™                      12:00 SPRINT™</p>
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<p><b>24/31</b>                      12:30 BODYPUMP®--Brittany                      1:45 SOULfusion--Angie A</p>	<p><b>25</b>                      8:30 STEP--Laurie                      9:00 POOLATES--Julie                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 45--Julie                      12:15 LUNCHTIME YOGA--Carol                      5:15 BODYJAM®--Kerry                      6:00 BODYPUMP® 45--Kerry</p>	<p><b>26</b>                      8:00 FLEX-ABILITY+ CORE--Julie                      9:15 POOLATES--Julie                      9:15 BODYJAM®--Jules                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE ABOVE--Angie A                      6:30 ZUMBA!--Sergio</p>	<p><b>27</b>                      8:30 STEP--Laurie                      9:00 POOLATES--Julie                      9:00 BODYPUMP®--Angie R                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 45--Julie                      12:15 LUNCHTIME YOGA--Carol                      5:15 BODYPUMP®--Stephanie</p>	<p><b>28</b>                      8:00 FLEX-ABILITY+ CORE--Julie                      9:15 POOLATES--Julie                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE FUSION--Angie A                      6:30 ZUMBA!--Sergio</p>	<p><b>29</b>                      9:00 POOLATES--Julie                      9:00 BODYPUMP®--Angie R                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:30 BEG STEP 30--Laurie                      11:30 MOVEMENT &amp; STRENGTH 45--Julie</p>	<p><b>30</b>                      8:15 UNWIND YOGA--Carol                      9:30 ZUMBA!--Sergio</p>

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<p><b>3</b></p>	<p><b>4</b></p>	<p><b>5</b>                      5:30am CYCLEFIT--Rochelle                      12:00 CYCLING—Laurie</p>	<p><b>6</b></p>	<p><b>7</b>                      5:30am CYCLEFIT--Rochelle                      12:00 CYCLING—Laurie</p>	<p><b>8</b></p>	<p><b>9</b></p>
<p><b>10</b></p>	<p><b>11</b></p>	<p><b>12</b>                      5:30am CYCLEFIT--Rochelle                      12:00 CYCLING—Laurie</p>	<p><b>13</b></p>	<p><b>14</b>                      5:30am CYCLEFIT--Rochelle                      12:00 CYCLING—Laurie</p>	<p><b>15</b></p>	<p><b>16</b>                      Go to the EAST CLUB GYM!                      9-12:30 LES MILLS LAUNCH                      in the GYM                      9:00 BODYCOMBAT®                      9:45 BODYJAM®                      10:30 BODYPUMP®                      11:15 RPM™                      12:00 SPRINT™</p>
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