

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to members unless marked (fee) Stop by any Service Desk to register and pay fee or call 779-4593.</p>						<p>1 HAPPY NEW YEAR! Club Hours: 7 am - 7 pm HAPPY NEW YOU</p> <p>8:15 SPRINT™ (Diamond) 8:45 RPM™ (Diamond) 9:15 BODYCOMBAT® 9:45 BODYJAM® 10:15 BODYPUMP®</p>
<p>2</p> <p>3:00 SUNDAY YOGA —Lucy</p>	<p>3</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Janelle 7:15 ZUMBA!--Sergio</p>	<p>4</p> <p>9:00 BODYPUMP®—Rock 11:45 STEP 45--Angie A 1:30 LUNCHTIME YOGA—Ken</p>	<p>5</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYCOMBAT®--Rock 10:15 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 4:15 BARRE/PILATES FUSION 45 —Kristina 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p>6</p> <p>9:00 BODYPUMP®—Rock 11:45 STEP 45--Angie A 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle</p>	<p>7</p> <p>5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Laura 10:15 PILATES--Richard 6:30-8 BALLROOM DANCE (fee)</p>	<p>8</p> <p>8:15 BODYCOMBAT®— Janelle 9:30 BODYPUMP®—Janelle</p>
<p>9</p> <p>3:00 SUNDAY YOGA —Lucy</p>	<p>10</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Janelle 7:15 ZUMBA!--Sergio</p>	<p>11</p> <p>9:00 BODYPUMP®—Rock 11:45 STEP 45--Angie A 1:30 LUNCHTIME YOGA—Ken</p>	<p>12</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYCOMBAT®--Rock 10:15 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 4:15 BARRE/PILATES FUSION 45 —Kristina 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p>13</p> <p>9:00 BODYPUMP®—Rock 11:45 STEP 45--Angie A 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle</p>	<p>14</p> <p>5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Laura 10:15 PILATES--Richard 6:30-8 BALLROOM DANCE (fee)</p>	<p>15</p> <p>8:15 BODYCOMBAT®— Janelle 9:30 BODYPUMP®—Janelle</p>
<p>16</p> <p>3:00 SUNDAY YOGA —Lucy</p>	<p>17</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Janelle 7:15 ZUMBA!--Sergio</p>	<p>18</p> <p>9:00 BODYPUMP®—Rock 11:45 STEP 45--Angie A 1:30 LUNCHTIME YOGA—Ken 6:15 YIN YOGA--Lucy</p>	<p>19</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYCOMBAT®--Rock 10:15 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 4:15 PILATES--Richard 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p>20</p> <p>9:00 BODYPUMP®—Rock 11:45 STEP 45--Angie A 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle</p>	<p>21</p> <p>5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Laura 10:15 PILATES--Richard 6:30-8 BALLROOM DANCE (fee)</p>	<p>22</p> <p>8:15 BODYCOMBAT®— Janelle 9:30 BODYPUMP®—Janelle</p>
<p>23/30</p> <p>3:00 SUNDAY YOGA —Lucy</p>	<p>24/31</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® 45—Janelle 7:15 ZUMBA!--Sergio</p>	<p>25</p> <p>9:00 BODYPUMP®—Rock 11:45 STEP 45--Angie A 1:30 LUNCHTIME YOGA—Ken 6:15 YIN YOGA--Lucy</p>	<p>26</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYCOMBAT®--Rock 10:15 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 4:15 BARRE/PILATES FUSION 45 —Kristina 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p>27</p> <p>9:00 BODYPUMP®—Rock 11:45 STEP 45--Angie A 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle</p>	<p>28</p> <p>5:30am BODYPUMP®— Tommi 9:00 BODYCOMBAT®--Laura 10:15 PILATES--Richard 6:30-8 BALLROOM DANCE (fee)</p>	<p>29</p> <p>8:15 BODYCOMBAT®— Janelle 9:30 BODYPUMP®—Janelle</p>

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<p>2</p>	<p>3</p> <p>12:00 CYCLING--Robb 1:30 PILATES--Richard</p>	<p>4</p> <p>5:15 RPM™ --Angie R 6:15 YIN YOGA--Lucy</p>	<p>5</p> <p>5:45am RPM™ --Angie R 10:15 STRETCH & FLOW YOGA -Michael 12:00 CYCLING--Robb 1:30 PILATES--Richard</p>	<p>6</p>	<p>7</p>	<p>8</p> <p>8:15 RPM™-- Sean</p>
<p>9</p>	<p>10</p> <p>12:00 CYCLING--Robb 1:30 PILATES--Richard</p>	<p>11</p> <p>5:15 RPM™ --Angie R 6:15 YIN YOGA--Lucy</p>	<p>12</p> <p>5:45am RPM™ --Angie R 10:15 STRETCH & FLOW YOGA -Michael 12:00 CYCLING--Robb 1:30 PILATES--Richard</p>	<p>13</p>	<p>14</p>	<p>15</p> <p>8:15 RPM™--Angie R</p>
<p>16</p>	<p>17</p> <p>12:00 CYCLING--Robb 1:30 PILATES--Richard</p>	<p>18</p> <p>5:15 RPM™ --Angie R</p>	<p>19</p> <p>5:45am RPM™ --Angie R 10:15 STRETCH & FLOW YOGA -Michael 12:00 CYCLING--Robb 1:30 PILATES--Richard</p>	<p>20</p>	<p>21</p>	<p>22</p> <p>8:15 RPM™--Sean</p>
<p>23/30</p>	<p>24/31</p> <p>12:00 CYCLING--Robb 1:30 PILATES--Richard</p>	<p>25</p> <p>5:15 RPM™ --Angie R</p>	<p>26</p> <p>5:45am RPM™ --Angie R 10:15 STRETCH & FLOW YOGA -Michael 12:00 CYCLING--Robb 1:30 PILATES--Richard</p>	<p>27</p>	<p>28</p>	<p>29</p> <p>8:15 RPM™--Angie R</p>

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<p>2 1:45 SOULfusion--Angie A</p>	<p>3 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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 5:30 BODYJAM@--Kerry 6:15 BODYPUMP@ 45--Kerry</p>	<p>4 5:30 GRIT™ Athletic--Stephanie 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 9:00 BODYPUMP@--Angie R/Tommi 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE 100's--Angie A 7:00 ZUMBA!--Sergio</p>	<p>5 5:30 STRENGTH & STRETCH--Rochelle 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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 4:30 STEP 45--Dayne 5:30 ALL LEVELS YOGA--Cris</p>	<p>6 5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 9:00 GRIT™ Cardio--Rachel 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION & SOLE TRAINING--Angie A 6:15 BODYPUMP@ 45--Kerry</p>	<p>7 9:00 BODYPUMP@--Angie R/Tommi 9:00 POOLATES--Julie 10:00 AQUA B.A.S.I.C.45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 GRIT™ Strength--Rachel</p>	<p>8 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio</p>
<p>9 1:45 SOULfusion--Angie A</p>	<p>10 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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 5:30 BODYJAM@--Kerry 6:15 BODYPUMP@ 45--Kerry</p>	<p>11 5:30 GRIT™ Athletic--Stephanie 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 7:00 ZUMBA!--Sergio</p>	<p>12 5:30 STRENGTH & STRETCH--Rochelle 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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 4:30 STEP 45--Dayne 5:30 ALL LEVELS YOGA--Cris</p>	<p>13 5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 9:00 GRIT™ Cardio--Rachel 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:15 BODYPUMP@ 45--Kerry</p>	<p>14 9:00 BODYPUMP@--Angie R 9:00 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 GRIT™ Strength--Rachel</p>	<p>15 8:15 BASIC PILATES/BARRE FUSION--Kristina 9:30 ZUMBA!--Sergio</p>
<p>16 1:45 JAMfusion 30 min BODYJAM@ 30 min BARRE INTENSITY --Kerry</p>	<p>17 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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 5:30 BODYJAM@--Kerry 6:15 BODYPUMP@ 45--Kerry</p>	<p>18 5:30 GRIT™ Athletic--Stephanie 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 7:00 ZUMBA!--Sergio</p>	<p>19 5:30 STRENGTH & STRETCH--Rochelle 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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 4:30 STEP 45--Dayne 5:30 ALL LEVELS YOGA--Cris</p>	<p>20 5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 9:00 GRIT™ Cardio--Rachel 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:15 BODYPUMP@ 45--Kerry</p>	<p>21 9:00 BODYPUMP@--Angie R 9:00 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 GRIT™ Strength--Rachel</p>	<p>22 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio</p>
<p>23/30 1:45 SOULfusion--Angie A</p>	<p>24/31 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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 5:30 BODYJAM@--Kerry 6:15 BODYPUMP@ 45--Kerry</p>	<p>25 5:30 GRIT™ Athletic--Kristi 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 7:00 ZUMBA!--Sergio</p>	<p>26 5:30 STRENGTH & STRETCH--Rochelle 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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 4:30 STEP 45--Dayne 5:30 ALL LEVELS YOGA--Cris</p>	<p>27 5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 9:00 GRIT™ Cardio--Rachel 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:15 BODYPUMP@ 45--Kerry</p>	<p>28 9:00 BODYPUMP@--Angie R 9:00 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 GRIT™ Strength--Rachel</p>	<p>29 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio</p>

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2	3 8:45 PILATES--Richard 5:30 ALL LEVELS YOGA--Cris	4 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol	5 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules	6 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie	7 12:00 PILATES--Richard	8
9	10 8:45 PILATES--Richard 5:30 ALL LEVELS YOGA--Cris	11 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol	12 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules	13 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	14 12:00 PILATES--Richard	15
16	17 8:45 PILATES--Richard 5:30 ALL LEVELS YOGA--Cris	18 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol	19 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules	20 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	21 12:00 PILATES--Richard	22
23/30	24/31 8:45 PILATES--Richard 5:30 ALL LEVELS YOGA--Cris	25 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol	26 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules	27 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	28 12:00 PILATES--Richard	29