

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 1:30 Happy New You! Circuit Training -Angie R 3:00 SUNDAY YOGA- Carol	<b>2</b> 5:30am BODYPUMP® Tommi 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® 45--Janelle	<b>3</b> 6:00 KICKBOXING-Ali 9:00 BODYPUMP®—Rock	<b>4</b> 5:30 BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle	<b>5</b> 6:00 KICKBOXING-Ali 9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean	<b>6</b> 5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	<b>7</b> 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean
<b>8</b> 3:00 SUNDAY YOGA—Kristen	<b>9</b> 5:30am BARBELL STRENGTH-Ali 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean	<b>10</b> 6:00 KICKBOXING-Ali 9:00 BODYPUMP®—Rock	<b>11</b> 5:30 BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle	<b>12</b> 6:00 KICKBOXING-Ali 9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean	<b>13</b> 5:30am BODYPUMP® 50- Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	<b>14</b> 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean
<b>15</b> 3:00 SUNDAY YOGA-- Carol	<b>16</b> 5:30am BARBELL STRENGTH-Ali 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean	<b>17</b> 6:00 KICKBOXING-Ali 9:00 BODYPUMP®—Rock	<b>18</b> 5:30 BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle	<b>19</b> 6:00 KICKBOXING-Ali 9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean	<b>20</b> 5:30am BODYPUMP® 50— Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	<b>21</b> * Les Mills Launch at FAC East!
<b>22</b> 3:00 SUNDAY YOGA—Carol	<b>23</b> 5:30am BARBELL STRENGTH-Ali 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean	<b>24</b> 6:00 KICKBOXING-Ali 9:00 BODYPUMP®—Rock	<b>25</b> 5:30 BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle	<b>26</b> 6:00 BODYCOMBAT--Tommi 9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean	<b>27</b> 5:30am BODYPUMP® 50-Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	<b>28</b> 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean
<b>29</b> 3:00 SUNDAY YOGA—Carol	<b>30</b> 5:30am BODYPUMP® Tommi 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® 45--Janelle	<b>31</b> 6:00 BODYCOMBAT--Tommi 9:00 BODYPUMP®—Rock	<p><b>Group Fitness schedule also available at</b>  <b>flagstaffathleticclub.com</b></p> <p>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.                      *Class held in the West Indoor Pool</p>			

**JANUARY 2023**

**GROUP FITNESS DIAMOND ROOM - WEST**

**FLAGSTAFF ATHLETIC CLUB**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Erin 6:00 pm HIIT! - Kristina	<b>3</b> 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Sean 6:15 VINYASA FLOW-Kent	<b>4</b> 1:30 LUNCHTIME YOGA--Erin	<b>5</b> 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kent	<b>6</b> 1:30 LUNCHTIME YOGA--Erin 5:30 pm RPM-- Sean	<b>7</b> 8:15 RPM™--Sean 9:30 PILATES--Richard
<b>8</b>	<b>9</b> 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Erin 6:00 pm HIIT! - Kristina	<b>10</b> 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Angie R 6:15 VINYASA FLOW-Kent	<b>11</b> 1:30 LUNCHTIME YOGA--Erin	<b>12</b> 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kent	<b>13</b> 1:30 LUNCHTIME YOGA--Erin 5:30 pm FRIDAY FULL PSYCLE --Darrin	<b>14</b> 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard
<b>15</b>	<b>16</b> 12:00 CYCLING--Robb 1:30 Pilates Strength Fusion --Kristina	<b>17</b> 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™-- Angie R 6:15 VINYASA FLOW-Kent	<b>18</b> 1:30 LUNCHTIME YOGA--Erin	<b>19</b> 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kent	<b>20</b> 1:30 LUNCHTIME YOGA--Erin 5:30 pm FRIDAY FULL PSYCLE --Darrin	<b>21</b> 9:30 PILATES--Richard *Les Mills Launch at FAC East
<b>22</b>	<b>23</b> 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Erin 6:00 pm HIIT!--Kristina	<b>24</b> 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™--Angie R 6:15 VINYASA FLOW-Kent	<b>25</b> 1:30 LUNCHTIME YOGA--Erin	<b>26</b> 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kent	<b>27</b> 1:30 LUNCHTIME YOGA--Erin 5:30 pm FRIDAY FULL PSYCLE --Darrin	<b>28</b> 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard
<b>29</b>	<b>30</b> 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Erin 6:00 pm HIIT!--Kristina	<b>31</b> 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Angie R 6:15 VINYASA FLOW-Kent	<p><b>Group Fitness schedule also available at</b>  <b>flagstaffathleticclub.com</b>                      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>			

JANUARY 2023

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 5:30 GRIT™ Athletic--Stephanie 8:30 STEP--Angie R 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 4:45 GRIT™ Cardio--Rachel 5:30 BODYJAM® 30--Dayne 6:00 STEP & STRENGTH--Dayne	3 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 9:00 BODYPUMP®--Tommi 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE 100's--Angie A 6:00 BODYPUMP® 45--Ely 7:15 BODYGROOVE-- DeAnn	4 5:30 GRIT™ Strength--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45--DeAnn 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 4:45 GRIT™ Strength--Rachel	5 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 TRAINING--Angie A 6:00 BODYPUMP® 45--Ely	6 9:00 BODYPUMP®--Kate 10:00 AQUA B.A.S.I.C.45--DeAnn 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 4:00 Intro to Yoga--DeAnn	7 8:15 UNWIND YOGA--Carol 9:30 ZUMBA DANCE PARTY!--Carol/DeAnn/Kate
8 2:45 SOULfusion--Angie A	9 5:30 GRIT™ Athletic--Stephanie 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 4:45 GRIT™ Cardio--Rachel 5:30 BODYJAM® 30--Dayne 6:00 STEP & STRENGTH	10 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 7:15 BODYJAM-- Dayne	11 5:30 GRIT™ Strength--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45--DeAnn 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 4:45 GRIT™ Strength--Rachel	12 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION --Kristina 6:00 BODYPUMP® 45--Ely	13 9:00 BODYPUMP®--Angie R 10:00 AQUA B.A.S.I.C.45--DeAnn 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 4:00 Intro to Yoga--DeAnn	14 8:15 UNWIND YOGA--Carol 9:30 DANCE PARTY--Carol 10:45 FLEX-ABILITY+CORE--Julie
15 2:45 SOULfusion--Angie A	16 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Richard 12:15 LUNCHTIME YOGA--Carol 4:45 GRIT™ Cardio--Stephanie 5:15 BODYJAM® 30--Dayne	17 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 7:15 BODYGROOVE -- DeAnn	18 5:30 GRIT™ Strength--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45--DeAnn 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 GRIT™ Strength--Rachel	19 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	20 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 4:00 Intro to Yoga--Carol	21 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie
22 2:45 SOULfusion--Angie A	23 5:30 GRIT™ Athletic--Stephanie 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 4:45 GRIT™ Cardio--Rachel 5:30 BODYJAM® 30--Dayne 6:00 STEP & STRENGTH--Dayne	24 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 7:15 ZUMBA--Kate	25 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 4:45 GRIT™ Strength--Rachel 5:30 Power Yoga-- Shelbi	26 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	27 9:00 Bodypump-Angie R 10:00 AQUA B.A.S.I.C. 45--DeAnn 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie 4:00 Intro to Yoga--DeAnn	28 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate/DeAnn 10:45 FLEX-ABILITY+CORE--Julie
29 2:45 SOULfusion--Angie A	30 5:30 GRIT™ Athletic--Stephanie 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 4:45 GRIT™ Cardio--Rachel 5:30 BODYJAM® 30--Dayne 6:00 STEP & STRENGTH--Dayne	31 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 7:15 BODYGROOVE-- DeAnn	<p><b>Group Fitness schedule also available at</b>  <b>flagstaffathleticclub.com</b>                      All group fitness classes are free to members unless marked (fee)                      Stop by any Service Desk to register and pay fee or call 526-8652.</p>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 TRX FULL BODY TRAINING --Robb 10:00 PILATES--Richard 5:30pm Evening Yoga-DeAnn	3 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	4 9:00 TRX FULL BODY TRAINING --Robb 10:00 PILATES--Richard 11:00 BODYJAM® 45--Jules	5 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie	6 10:15 ZUMBA!--Kate 12:00 PILATES--Richard	7
8	9 9:00 TRX FULL BODY TRAINING --Robb 10:00 PILATES--Richard 5:30pm Evening Yoga-Carol	10 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	11 9:00 TRX FULL BODY TRAINING --Robb 10:00 PILATES--Richard 11:00 BODYJAM® 45--Jules	12 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie	13 10:15 ZUMBA DANCE PARTY! --Kate&Carol 12:00 PILATES--Richard	14
15	16 9:00 TRX FULL BODY TRAINING --Robb 10:00 PILATES--Richard	17 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	18 9:00 TRX FULL BODY TRAINING --Robb 10:00 PILATES--Richard 11:00 BODYJAM® 45--Jules	19 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	20 10:15 ZUMBA!--Kate 12:00 PILATES--Richard	21 <b>Les Mills Launch</b> 9:00 BODYCOMBAT 9:45 BODYJAM 10:30 GRIT 11:15 BODYPUMP 12:00 RPM 12:45 SPRINT *All Launch classes held in the Gym
22	23 9:00 TRX FULL BODY TRAINING --Robb 10:00 PILATES--Richard 5:30pm Evening Yoga-Shelbi	24 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	25 9:00 TRX FULL BODY TRAINING --Robb 10:00 PILATES--Richard 11:00 BODYJAM® 45--Jules	26 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	27 10:15 ZUMBA DANCE PARTY! --Kate&Carol 12:00 PILATES--Richard	28
29	30 9:00 TRX FULL BODY TRAINING --Robb 10:00 PILATES--Richard 5:30pm Evening Yoga-DeAnn	31 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	<p><b>Group Fitness schedule also available at</b>  <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>                      All group fitness classes are free to members unless marked (fee)                      Stop by any Service Desk to register and pay fee or call 526-8652.</p>			