

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Group Fitness schedule also available at flagstaffathleticclub.com</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.</p>					<p>1</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYCOMBAT® --Janelle/Tommi</p>	<p>2</p> <p>8:15 BODYCOMBAT®—Janelle 9:30 BODYPUMP®—Janelle</p>
<p>3</p> <p>SUNDAY FUNDAY TRIFECTA: 1-1:30 IN LINE STEP 30--Dayne 1:45-2:30 BODYPUMP® 45 --Kerry 3:00 SUNDAY YOGA—Lucy</p>	<p>4</p> <p>Happy 4th! West Club Close East Club Hours: 5 am - 4 pm</p>	<p>5</p> <p>5:30am BODYCOMBAT®--Laura 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Lucy 6:15 YIN YOGA--Lucy</p>	<p>6</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 1:30 LUNCHTIME YOGA—Alex 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p>7</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Alex 5:15 SPRINT™ --Janelle 6:00 BODYPUMP® —Janelle</p>	<p>8</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYCOMBAT® --Janelle/Tommi</p>	<p>9</p> <p>8:15 BODYCOMBAT®—Janelle 9:30 BODYPUMP®—Janelle</p>
<p>10</p> <p>3:00 SUNDAY YOGA —Lucy</p>	<p>11</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™--Janelle 6:00 BODYPUMP® 45—Janelle 7:15 BODYJAM®--Dayne</p>	<p>12</p> <p>5:30am BODYCOMBAT®--Laura 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 6:15 YIN YOGA--Lucy</p>	<p>13</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 POUND!--Rock 1:30 LUNCHTIME YOGA—Ken 5:30 BODYCOMBAT®--Janelle 7:15 BODYJAM®--Dayne</p>	<p>14</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA--Ken 5:15 SPRINT™ --Janelle 6:00 BODYPUMP® —Janelle</p>	<p>15</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT® --Janelle/Tommi</p>	<p>16</p> <p>8:15 BODYCOMBAT® Launch —Janelle/Tommi/Vicki/ Laura 9:30 BODYPUMP® Launch —Janelle/Tommi</p>
<p>17</p> <p>SUNDAY FUNDAY TRIFECTA: 1-1:30 BODYJAM® 30--Jules 1:45-2:30 BODYPUMP® 45 --Tommi 3:00 SUNDAY YOGA—Lucy</p>	<p>18</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ LAUNCH--Janelle 6:00 BODYPUMP® 45—Janelle 7:15 ZUMBA!--Sergio</p>	<p>19</p> <p>5:30am BODYCOMBAT®--Laura 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 6:15 YIN YOGA--Lucy</p>	<p>20</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 1:30 LUNCHTIME YOGA—Ken 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p>21</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Janelle 6:00 BODYPUMP® —Janelle</p>	<p>22</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT® --Janelle/Tommi</p>	<p>23</p> <p>8:15 BODYCOMBAT®—Janelle 9:30 BODYPUMP®—Janelle</p>
<p>24/31</p> <p>3:00 SUNDAY YOGA—Lucy</p>	<p>25</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Janelle 6:00 BODYPUMP® 45--Janelle 7:15 ZUMBA!--Sergio</p>	<p>26</p> <p>5:30am BODYCOMBAT®--Laura 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 6:15 YIN YOGA--Lucy</p>	<p>27</p> <p>5:30am BODYPUMP®—Tommi 10:15 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 1:30 LUNCHTIME YOGA—Ken 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p>28</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Janelle 6:00 BODYPUMP® —Janelle</p>	<p>29</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT® --Janelle/Tommi</p>	<p>30</p> <p>8:15 BODYCOMBAT®—Janelle 9:30 BODYPUMP®—Janelle</p>

JULY 2022

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

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. *Outside Deck **Outside Cycling Space</p>						
3	4 Happy 4th! West Club Close East Club Hours: 5 am - 4 pm	5 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 5:15 RPM™ --Angie R	6 6:30pm BARRE/PILATES FUSION 45* --Kristina	7 10:15 ROCKOUT with TRX--Rock	8 5:30 pm FRIDAY FULL PSYCLE --Darrin	9 8:15 RPM™--Angie R 9:30 PILATES--Richard
10	11 12:00 CYCLING--Robb	12 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 5:15 RPM™ --Angie R	13 6:30pm BARRE/PILATES FUSION 45* -Kristina	14 10:15 ROCKOUT with TRX--Rock	15 5:30 pm FRIDAY FULL PSYCLE --Rochelle	16 8:15 CYCLING--Rochelle 9:30 PILATES--Richard
17	18 12:00 CYCLING--Robb	19 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 5:15 RPM™--Angie R	20 6:30pm BARRE/PILATES FUSION 45*--Kristina	21 10:15 ROCKOUT with TRX--Rock	22 5:30 pm FRIDAY FULL PSYCLE --Darrin	23 8:15 RPM™--Sean 9:30 PILATES--Richard
24/31	25 12:00 CYCLING--Robb	26 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 5:15 RPM™ --Angie R	27 6:30pm BARRE/PILATES FUSION 45* --Angie A	28 10:15 ROCKOUT with TRX--Rock	29 5:30 pm FRIDAY FULL PSYCLE --Darrin	30 8:15 RPM™LAUNCH** --Angie R, Darrin, Sean 9:30 PILATES--Richard

JULY 2022

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

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 526-8652. *Outdoor Pool</p>					<p>1</p> <p>9:00 BODYPUMP®—Angie R 8:45 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 SilverSneakers® CLASSIC--Julie</p>	<p>2</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>3</p> <p>4:00 ZUMBA!--Sergio</p>	<p>4</p> <p>Happy 4th! West Club Close East Club Hours: 5 am - 4 pm</p> <p>8:45 POOLATES*--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 11:00 M & S 50--Julie</p>	<p>5</p> <p>5:30 GRIT™ Cardio--Stephanie 7:45 FLEX-ABILITY+CORE—Julie 8:45 POOLATES*--Julie 9:00 BODYPUMP®--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE 100's--Angie A 7:00 ZUMBA!--Sergio</p>	<p>6</p> <p>8:30 STEP—Laurie 8:45 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 IN-LINE STEP 45--Dayne 5:30 ALL LEVELS YOGA--Alex 6:45 POWER FLOW YOGA 45--Alex</p>	<p>7</p> <p>5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 8:45 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>8</p> <p>9:00 BODYPUMP®—Angie R 8:45 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 SilverSneakers® CLASSIC--Julie</p>	<p>9</p> <p>8:15 PILATES/STRETCH FUSION --Kristine 9:30 BODYJAM® LAUNCH --Dayne, Jules, Laurie 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>10</p> <p>2:45 SOULfusion--Angie A 4:00 ZUMBA!--Kate</p>	<p>11</p> <p>8:30 STEP—Laurie 8:45 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--Ken 5:30 BODYJAM® 30--Dayne 6:15 BODYPUMP® 45--Angie R</p>	<p>12</p> <p>5:30 GRIT™ Cardio--Stephanie 7:45 FLEX-ABILITY+CORE--Julie 8:45 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 BODYJAM®--Dayne</p>	<p>13</p> <p>8:30 STEP—Laurie 8:45 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--Michael 4:30 STEP 45--Dayne 5:30 ALL LEVELS YOGA--Alex 6:45 POWER FLOW YOGA 45--Alex</p>	<p>14</p> <p>5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 8:45 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:15 BODYPUMP® 45--Angie R</p>	<p>15</p> <p>9:00 BODYPUMP®--Angie R 8:45 POOLATES*--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Dayne 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie</p>	<p>16</p> <p>8:15 PILATES/STRETCH FUSION --Kristina 9:30 BODYJAM®--Dayne 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>17</p> <p>4:00 ZUMBA!--Sergio</p>	<p>18</p> <p>8:30 STEP—Laurie 8:45 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--Ken 5:30 BODYJAM® 30--Dayne 6:15 BODYPUMP® 45--Angie R</p>	<p>19</p> <p>5:30 GRIT™ Athletic LAUNCH --Stephanie 7:45 FLEX-ABILITY+CORE—Julie 8:45 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>20</p> <p>8:30 Step—Dayne 8:45 POOLATES*--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Dayne 11:00 M & S 50—Julie 12:15 LUNCHTIME YOGA--Michael 4:30 IN-LINE STEP 45--Dayne 5:30 ALL LEVELS YOGA--Alex 6:45 POWER FLOW YOGA 45--Alex</p>	<p>21</p> <p>5:30 5:30 GRIT™ Strength LAUNCH --Kristi 7:45 FLEX-ABILITY+CORE--Julie 8:45 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>22</p> <p>9:00 BODYPUMP®--Stephanie 8:45 POOLATES*--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Angie A 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie</p>	<p>23</p> <p>8:15 UNWIND YOGA--Ken 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>24/31</p> <p>2:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio</p>	<p>25</p> <p>8:30 STEP—Laurie 8:45 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® 30--Kerry 6:15 BODYPUMP® 45--Kerry</p>	<p>26</p> <p>5:30 GRIT™ Athletic--Stephanie 7:45 FLEX-ABILITY+CORE--Julie 8:45 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>27</p> <p>8:30 Step—Laurie 8:45 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--Alex 6:45 POWER FLOW YOGA 45--Alex</p>	<p>28</p> <p>5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 8:45 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>29</p> <p>9:00 BODYPUMP®--Angie R 8:45 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 SilverSneakers® CLASSIC--Julie</p>	<p>30</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie</p>

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<p>Group Fitness schedule also available at flagstaffathleticclub.com</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 526-8652.</p>					<p>1</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>12:00 PILATES--Richard</p>	<p>2</p>
<p>3</p>	<p>4</p> <p>Happy 4th! West Club Close</p> <p>East Club Hours: 5 am - 4 pm</p> <p>8:45 PILATES--Richard</p>	<p>5</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb</p>	<p>6</p> <p>8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules 5:30 CYCLING--Darrin</p>	<p>7</p> <p>5:30am RPM™ --Angie R 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie 5:30 BODYJAM® 30--Dayne 6:15 YIN YOGA--Lucy</p>	<p>8</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>12:00 PILATES--Richard</p>	<p>9</p>
<p>10</p>	<p>11</p> <p>8:45 PILATES--Richard 5:30 ALL LEVELS YOGA--Alex</p>	<p>12</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 6:00 TRX FULL BODY TRAINING --Robb</p>	<p>13</p> <p>8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules 5:15 RPM™ --Angie R</p>	<p>14</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 5:30 BODYJAM® 30--Dayne 6:15 YIN YOGA--Lucy</p>	<p>15</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>12:00 PILATES--Richard</p>	<p>16</p>
<p>17</p>	<p>18</p> <p>8:45 PILATES--Richard 5:30 ALL LEVELS YOGA--Alex</p>	<p>19</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 6:00 TRX FULL BODY TRAINING --Robb</p>	<p>20</p> <p>8:45 PILATES--Richard 11:00 BODYJAM® 45--Dayne 5:30 CYCLING--Darrin</p>	<p>21</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Stephanie 10:45 ZUMBA!--Kate 5:30 BODYJAM® 30--Kerry 6:15 YIN YOGA--Lucy</p>	<p>22</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>12:00 PILATES--Richard</p>	<p>23</p>
<p>24/31</p>	<p>25</p> <p>8:45 PILATES--Richard 5:30 ALL LEVELS YOGA--Alex</p>	<p>26</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb</p>	<p>27</p> <p>8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules 5:30 CYCLING--Darrin</p>	<p>28</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 5:30 BODYJAM® 30--Dayne 6:15 YIN YOGA--Lucy</p>	<p>29</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>12:00 PILATES--Richard</p>	<p>30</p>