

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Group Fitness schedule also available at 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.</p>			<p><b>1</b> 5:30am BODYPUMP®—Angie R 9:00 BODYPUMP®—Rock 10:15 ZUMBA!—Kate 1:30 LUNCHTIME YOGA—Ken 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p><b>2</b> 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Janelle 6:00 BODYPUMP® —Janelle</p>	<p><b>3</b> 5:30am BODYPUMP®— Janelle 6:30-8 BALLROOM DANCE--Ken (Fee and registration)</p>	<p><b>4</b> 8:15 BODYCOMBAT®— Janelle 9:30 BODYPUMP®—Janelle</p>
<p><b>5</b> 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><b>6</b> 5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Rock 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™--Janelle 6:00 BODYPUMP® 45—Janelle 7:15 ZUMBA!--Sergio</p>	<p><b>7</b> 5:30am BODYCOMBAT®--Laura 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 6:15 YIN YOGA--Lucy</p>	<p><b>8</b> 5:30am BODYPUMP®—Stephanie 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 1:30 LUNCHTIME YOGA—Ken 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p><b>9</b> 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Janelle 6:00 BODYPUMP® —Janelle</p>	<p><b>10</b> 5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Janelle</p>	<p><b>11</b> 8:15 BODYCOMBAT®— Janelle 9:30 BODYPUMP®—Janelle</p>
<p><b>12</b> 3:00 SUNDAY YOGA —Carol</p>	<p><b>13</b> 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><b>14</b> 5:30am BODYCOMBAT®--Laura 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 6:15 YIN YOGA--Lucy</p>	<p><b>15</b> 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><b>16</b> 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA--Ken 5:15 SPRINT™ --Janelle 6:00 BODYPUMP® —Janelle</p>	<p><b>17</b> 5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT® --Janelle/Tommi</p>	<p><b>18</b> 8:15 BODYCOMBAT®— Janelle 9:30 BODYPUMP®—Janelle</p>
<p><b>19</b> SUNDAY FUNDAY TRIFECTA: 1-1:30 BODYJAM® 30--Jules 1:45-2:30 BODYPUMP® 45 --Tommi 3:00 SUNDAY YOGA—Lucy</p>	<p><b>20</b> 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><b>21</b> 5:30am BODYCOMBAT®--Laura 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 6:15 YIN YOGA--Lucy</p>	<p><b>22</b> 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><b>23</b> 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Janelle 6:00 BODYPUMP® —Janelle</p>	<p><b>24</b> 5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT® --Janelle/Tommi</p>	<p><b>25</b> 8:15 BODYCOMBAT®— Janelle 9:30 BODYPUMP®—Janelle</p>
<p><b>26</b> 3:00 SUNDAY YOGA—Lucy</p>	<p><b>27</b> 5:30am BODYPUMP®—Angie R 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><b>28</b> 5:30am BODYCOMBAT®--Laura 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 6:15 YIN YOGA--Lucy</p>	<p><b>29</b> 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><b>30</b> 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Carol 5:15 SPRINT™ --Janelle 6:00 BODYPUMP® —Janelle</p>		

JUNE 2022

# GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

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 unless marked (fee)                      Stop by any Service Desk to register and pay fee or call 779-4593.                      *Outside Deck **Outside Cycling Space</p>			<p><b>1</b> 6:30pm BARRE/PILATES FUSION 45* --Kristina</p>	<p><b>2</b> 10:15 ROCKOUT with TRX--Rock 6:00 pm HIIT!--Kristina</p>	<p><b>3</b> 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p><b>4</b> 8:15 RPM™--Sean 9:30 PILATES--Richard</p>
<p><b>5</b></p>	<p><b>6</b> 12:00 CYCLING--Robb</p>	<p><b>7</b> 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 10:15 SPRINT™--Rock 5:15 RPM™ --Angie R</p>	<p><b>8</b> 6:30pm BARRE/PILATES FUSION 45* --Kristina</p>	<p><b>9</b> 10:15 ROCKOUT with TRX--Rock 6:00 pm HIIT!--Kristina</p>	<p><b>10</b> 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p><b>11</b> 8:15 RPM™--Angie R 9:30 PILATES--Richard</p>
<p><b>12</b></p>	<p><b>13</b> 12:00 CYCLING--Robb</p>	<p><b>14</b> 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 10:15 SPRINT™--Rock 5:15 RPM™ --Angie R</p>	<p><b>15</b> 6:30pm BARRE/PILATES FUSION 45* -Kristina</p>	<p><b>16</b> 10:15 ROCKOUT with TRX--Rock 6:00 pm HIIT!--Kristina</p>	<p><b>17</b> 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p><b>18</b> 8:15 RPM™--Sean 9:30 PILATES--Richard</p>
<p><b>19</b></p>	<p><b>20</b> 12:00 CYCLING--Robb</p>	<p><b>21</b> 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 10:15 SPRINT™--Rock 5:15 RPM™ SUMMER SOLSTICE RIDE** --Angie R/Darrin</p>	<p><b>22</b> 6:30pm BARRE/PILATES FUSION 45*--Kristina</p>	<p><b>23</b> 10:15 ROCKOUT with TRX--Rock 6:00 pm HIIT!--Kristina</p>	<p><b>24</b> 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p><b>25</b> 8:15 RPM™ ROLLING into SUMMER with a RIDE OUT-SIDE**--Angie R/Darrin 9:30 PILATES--Richard</p>
<p><b>26</b></p>	<p><b>27</b> 12:00 CYCLING--Robb</p>	<p><b>28</b> 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 10:15 SPRINT™--Rock 5:15 RPM™ --Angie R</p>	<p><b>29</b> 6:30pm BARRE/PILATES FUSION 45* --Kristina</p>	<p><b>30</b> 10:15 ROCKOUT with TRX--Rock 6:00 pm HIIT!--Kristina</p>		

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<p><b>5</b>                      4:00 ZUMBA!--Sergio</p>	<p><b>6</b>                      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 &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      5:30 BODYJAM® 30--Kerry                      6:15 BODYPUMP® 45--Kerry</p>	<p><b>7</b> 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 100's--Angie A                      7:00 ZUMBA!--Sergio</p>	<p><b>8</b>                      5:30 STRENGTH &amp; STRETCH--Rochelle                      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 &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      4:30 STEP 45--Dayne                      5:30 ALL LEVELS YOGA--Alex</p>	<p><b>9</b>                      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 &amp;                      SOLE TRAINING--Angie A                      6:15 BODYPUMP® 45--Kerry</p>	<p><b>10</b>                      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 &amp; STRENGTH                      --Julie                      12:45 SilverSneakers® CLASSIC--Julie</p>	<p><b>11</b>                      8:15 UNWIND YOGA--Carol                      9:30 ZUMBA!--Sergio                      10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>12</b>                      2:45 SOULfusion--Angie A                      4:00 ZUMBA!--Sergio</p>	<p><b>13</b>                      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 &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      5:30 BODYJAM® 30--Kerry                      6:15 BODYPUMP® 45--Kerry</p>	<p><b>14</b> 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><b>15</b>                      5:30 STRENGTH &amp; STRETCH--Rochelle                      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 &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      4:30 STEP 45--Dayne                      5:30 ALL LEVELS YOGA--Alex</p>	<p><b>16</b>                      5:30 GRIT™ Strength--Stephanie                      7:45 FLEX-ABILITY+CORE--Julie                      8:45 POOLATES*--Julie                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Carol                      4:45 BARRE FUSION--Angie A                      6:15 BODYPUMP® 45--Kerry</p>	<p><b>17</b>                      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 &amp; STRENGTH                      --Julie                      12:45 SilverSneakers® CLASSIC--Julie</p>	<p><b>18</b>                      8:15 UNWIND YOGA--Carol                      9:30 ZUMBA!--Sergio                      10:45 FLEX-ABILITY+CORE--Julie</p>
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<p>5</p>	<p>6</p> <p>8:45 PILATES--Richard 5:30 ALL LEVELS YOGA--Alex</p>	<p>7</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>8</p> <p>8:45 PILATES--Kristina 11:00 BODYJAM® 45--Jules 5:30 CYCLING--Darrin</p>	<p>9</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie 5:30 BODYJAM® 30--Kerry 6:15 YIN YOGA--Carol</p>	<p>10</p> <p>9:00 TRX FULL BODY TRAINING --Robb 12:00 PILATES--Richard</p>	<p>11</p>
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