

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;"><b>Group Fitness schedule also available at flagstaffathleticclub.com</b></p> <p style="text-align: center;">All group fitness classes are free to members unless marked (fee)</p> <p style="text-align: center;">Schedule published on 2/26/24. Check the app or call any Service Desk at 779-4593 for most up to date information.</p>					<p><b>1</b></p> <p>5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Ely</p>	<p><b>2</b></p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan</p>
<p><b>3</b></p> <p>4:15 SUNDAY YOGA—Erin</p>	<p><b>4</b></p> <p>5:30am BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean</p>	<p><b>5</b></p> <p>5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 4:45 HIIT--Kristina 7:00 ZUMBA!-Melissa</p>	<p><b>6</b></p> <p>5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA--Kate 4:15 BARRE/PILATES FUSION 45 —Kristina 5:30 BODYCOMBAT®--Janelle</p>	<p><b>7</b></p> <p>5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p><b>8</b></p> <p>5:30am BODYPUMP® - Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi</p>	<p><b>9</b></p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan</p>
<p><b>10</b></p> <p>4:15 SUNDAY YOGA—Erin</p>	<p><b>11</b></p> <p>5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Janelle 5:15 SPRINT™--Sean/Janelle 6:00 BODYPUMP® 45--Sean/Janelle</p>	<p><b>12</b></p> <p>5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 4:45 HIIT--Maddox 7:00 ZUMBA!-Melissa</p>	<p><b>13</b></p> <p>5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 PILATES FUSION--Jan 5:30 BODYCOMBAT®--Janelle</p>	<p><b>14</b></p> <p>5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle</p>	<p><b>15</b></p> <p>5:30am BODYPUMP® --Tommi 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p><b>16</b></p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan</p>
<p><b>17</b></p> <p>4:15 SUNDAY YOGA—Erin</p>	<p><b>18</b></p> <p>5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean</p>	<p><b>19</b></p> <p>5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 4:45 HIIT--Kristina 7:00 ZUMBA!-Melissa</p>	<p><b>20</b></p> <p>5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 —Kristina 5:30 BODYCOMBAT®--Janelle</p>	<p><b>21</b></p> <p>5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle</p>	<p><b>22</b></p> <p>5:30am BODYPUMP® --Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p><b>23</b></p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan</p>
<p><b>24/31</b></p> <p>4:15 SUNDAY YOGA—Erin Easter Hours: 12pm-8pm</p>	<p><b>25</b></p> <p>5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean</p>	<p><b>26</b></p> <p>5:30 HIGH FITNESS-Ali 9:00 BODYPUMP® —Rock 10:30 SILVER FITNESS--Jan 4:45 HIIT--Kristina 7:00 ZUMBA!-Melissa</p>	<p><b>27</b></p> <p>5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 —Kristina 5:30 BODYCOMBAT®--Janelle</p>	<p><b>28</b></p> <p>5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p><b>29</b></p> <p>5:30am BODYPUMP® --Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p><b>30</b></p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan</p>

**MARCH 2024**

**GROUP FITNESS DIAMOND ROOM - WEST**

**FLAGSTAFF ATHLETIC CLUB**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Group Fitness schedule also available at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>                      All group fitness classes are free to members unless marked (fee)                      Schedule published on 2/26/24. Check the app or call any Service Desk at 779-4593 for most up to date information.</p>					<p><b>1</b>                      9:00 YIN YOGA--Jan                      10:15 PILATES FUSION--Jan                      1:30 LUNCHTIME YOGA--Jacqui                      5:30 pm FRIDAY FULL PSYCLE                      --Darrin</p>	<p><b>2</b>                      8:15 RPM™--Angie R/Sean                      9:30 PILATES--Richard</p>
<p><b>3</b></p>	<p><b>4</b>                      9:00 WISDOM YOGA--Wendy                      12:00 Cycling--Robb                      1:30 LUNCHTIME YOGA--Tatiana</p>	<p><b>5</b>                      6:00 PILATES--Richard                      9:00 PILATES FUSION--Jan                      10:15 TRX--Rock                      1:30 LUNCHTIME YOGA--Jacqui                      5:15 RPM™ --Angie R                      6:15 VINYASA FLOW--Jacqui</p>	<p><b>6</b>                      9:00 WISDOM YOGA--Wendy                      1:30 LUNCHTIME YOGA--Jan                      6:00 ZUMBA!-- Mickella</p>	<p><b>7</b>                      6:00 PILATES--Richard                      9:00 TRX-- Maya                      10:15 SPRINT--Rock                      1:30 LUNCHTIME YOGA--Tatiana                      6:15 VINYASA FLOW--Jacqui</p>	<p><b>8</b>                      9:00 YIN YOGA--Jan                      10:15 PILATES FUSION--Jan                      1:30 LUNCHTIME YOGA--Jacqui                      5:30 pm FRIDAY FULL PSYCLE                      --Darrin</p>	<p><b>9</b>                      8:15 RPM™--Angie R/Sean                      9:30 PILATES--Richard</p>
<p><b>10</b></p>	<p><b>11</b>                      9:00 WISDOM YOGA--Wendy                      12:00 Cycling--Robb                      1:30 LUNCHTIME YOGA--Tatiana</p>	<p><b>12</b>                      6:00 PILATES--Richard                      9:00 PILATES FUSION-- Jan                      10:15 TRX--Rock                      1:30 LUNCHTIME YOGA--Jan                      5:15 RPM™-- Sean                      6:15 VINYASA FLOW--Tatiana</p>	<p><b>13</b>                      9:00 WISDOM YOGA--Wendy                      1:30 LUNCHTIME YOGA--Jan                      6:00 ZUMBA!--Mickella</p>	<p><b>14</b>                      6:00 PILATES--Richard                      9:00 TRX-- Emilia                      10:15 SPRINT--Rock                      1:30 LUNCHTIME YOGA--Tatiana</p>	<p><b>15</b>                      9:00 YIN YOGA--Jan                      10:15 PILATES FUSION--Jan                      1:30 LUNCHTIME YOGA--Jan                      5:30 pm FRIDAY FULL PSYCLE                      --Darrin</p>	<p><b>16</b>                      8:15 RPM™--Angie R/Sean                      9:30 PILATES--Richard</p>
<p><b>17</b></p>	<p><b>18</b>                      9:00 WISDOM YOGA--Wendy                      12:00 Cycling--Robb                      1:30 LUNCHTIME YOGA--Tatiana</p>	<p><b>19</b>                      6:00 PILATES--Richard                      9:00 PILATES FUSION-- Jan                      10:15 TRX--Rock                      1:30 LUNCHTIME YOGA--Tatiana                      5:15 RPM™--Angie R                      6:15 VINYASA FLOW-- Jacqui</p>	<p><b>20</b>                      9:00 WISDOM YOGA--Wendy                      1:30 LUNCHTIME YOGA--Jan                      6:00 ZUMBA!--Melissa</p>	<p><b>21</b>                      6:00 PILATES--Richard                      9:00 TRX-- Emilia                      10:15 SPRINT--Rock                      1:30 LUNCHTIME YOGA--Tatiana                      6:15 VINYASA FLOW--Jacqui</p>	<p><b>22</b>                      9:00 YIN YOGA--Jan                      10:15 PILATES FUSION--Jan                      1:30 LUNCHTIME YOGA--Jacqui                      5:30 pm FRIDAY FULL PSYCLE                      --Darrin</p>	<p><b>23</b>                      8:15 RPM™--Angie R/Sean                      9:30 PILATES--Richard</p>
<p><b>24/31</b></p>	<p><b>25</b>                      9:00 WISDOM YOGA--Wendy                      12:00 Cycling--Robb                      1:30 LUNCHTIME YOGA--Tatiana</p>	<p><b>26</b>                      6:00 PILATES--Richard                      9:00 PILATES FUSION-- Jan                      10:15 TRX--Rock                      1:30 GENTLE YOGA with LIVE SOUND BATH--Jacqui                      5:15 RPM™--Angie R                      6:15 GENTLE YOGA with LIVE SOUND BATH--Jacqui</p>	<p><b>27</b>                      9:00 WISDOM YOGA--Wendy                      1:30 LUNCHTIME YOGA--Jan                      6:00 ZUMBA!--Mickella</p>	<p><b>28</b>                      6:00 PILATES--Richard                      9:00 TRX--Emilia                      10:15 SPRINT--Rock                      1:30 LUNCHTIME YOGA--Tatiana                      6:15 GENTLE YOGA with LIVE SOUND BATH--Jacqui</p>	<p><b>29</b>                      9:00 YIN YOGA--Jan                      10:15 PILATES FUSION--Jan                      1:30 GENTLE YOGA WITH LIVE SOUND BATH--Jacqui                      5:30 pm FRIDAY FULL PSYCLE                      --Darrin</p>	<p><b>30</b>                      8:15 RPM™--Angie R/Sean                      9:30 PILATES--Richard</p>

MARCH 2024

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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                      Schedule published on 2/26/24. Check the app or call any Service Desk at 526-8652 for most up to date information.                      *Class held at Indoor Pool</p>					<p><b>1</b>                      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--Julie                      12:45 SilverSneakers® CLASSIC--Julie                      5:30 PILATES--Richard</p>	<p><b>2</b>                      8:15 UNWIND YOGA--Carol                      9:30 BLACK LIGHT ZUMBA!                      --Kate                      10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>3</b> 9:00 BODYCOMBAT®                      — Tommi/Ely                      10:15 BODYPUMP®                      —Ely                      2:45 HIGH FITNESS--Ali                      4:00 ZUMBA!--Melissa</p>	<p><b>4</b> 5:30 GRIT Athletic-Stephanie                      8:30 STEP—Laurie                      10:00 AQUA B.A.S.I.C. 45*--Jan                      10:00 BEG STEP 30—Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      3:30 FLEX-ABILITY+CORE--Julie                      4:45 GRIT™ Cardio--Kristi                      5:30 LATIN DANCE!--Carol</p>	<p><b>5</b> 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 100's--Angie A                      6:00 BODYPUMP® 45--Ely</p>	<p><b>6</b> 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 &amp; S 50—Julie                      12:15 LUNCHTIME YOGA--Carol                      3:30 FLEX-ABILITY+CORE--Julie                      4:45 GRIT STRENGTH--Stephanie                      5:30 EVENING YOGA--Tatiana</p>	<p><b>7</b> 7:45 FLEX-ABILITY+CORE--Julie                      9:00 BODYCOMBAT®-- Tommi                      9:00 POOLATES*--Julie                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE FUSION &amp; Sole Training                      --Angie A                      6:00 BODYPUMP® 45--Angie R                      7:00 ZUMBA!--Melissa</p>	<p><b>8</b>                      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--Julie                      12:45 SilverSneakers® CLASSIC--Julie                      5:30 PILATES--Richard</p>	<p><b>9</b>                      8:15 UNWIND YOGA--Carol                      9:30 LATIN DANCE!--Carol                      10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>10</b> 9:00 BODYCOMBAT®                      — Vicky                      10:15 BARBELL STRENGTH                      —Ali                      2:45 STEP &amp; STRENGTH                      --Dayne                      4:00 ZUMBA!--Melissa</p>	<p><b>11</b> 5:30 HIIT--Maya                      8:30 STEP—Laurie                      10:00 AQUA B.A.S.I.C. 45*--Jan                      10:00 BEG STEP 30—Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      3:30 FLEX-ABILITY+CORE—Julie                      4:45 HIIT STRENGTH--Dayne                      5:30 ZUMBA!-- Melissa</p>	<p><b>12</b> 7:45 FLEX-ABILITY+CORE—Julie                      9:00 POOLATES*--Julie                      9:00 BODYPUMP--Janelle                      10:45 SilverSneakers® CLASSIC                      --Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE ABOVE--Angie A                      6:00 BODYPUMP® 45--Ely</p>	<p><b>13</b> 5:30 HIIT--Maya                      8:30 STEP—Laurie                      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                      3:30 FLEX-ABILITY+CORE--Julie                      5:30 EVENING YOGA--Tatiana</p>	<p><b>14</b>                      7:45 FLEX-ABILITY+CORE--Julie                      9:00 BODYCOMBAT®-- Tommi                      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                      7:00 ZUMBA!--Melissa</p>	<p><b>15</b>                      9:00 BODYPUMP-Kerry                      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                      5:30 PILATES--Richard</p>	<p><b>16</b>                      8:15 YOGA INSPIRED PILATES                      -- Kristina                      9:30 ZUMBA!--Kate                      10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>17</b>                      9:00 BODYCOMBAT®                      — Vicky                      10:15 BODYPUMP®                      —Kerry                      2:45 JAMBARREE-- Kerry                      4:00 ZUMBA!--Melissa</p>	<p><b>18</b> 5:30 GRIT™ Cardio--Stephanie                      8:30 STEP—Laurie                      10:00 AQUA B.A.S.I.C. 45*--Jan                      10:00 BEG STEP 30—Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Jan                      3:30 FLEX-ABILITY+CORE—Julie                      4:45 GRIT™ Cardio--Kristi                      5:30 ZUMBA--Melissa</p>	<p><b>19</b> 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</p>	<p><b>20</b> 5:30 GRIT™ Strength--Kristi                      8:30 STEP--Laurie                      10:00 AQUA B.A.S.I.C. 45*--Julie                      10:00 BEG STEP--Laurie                      11:00 M &amp; S 50—Julie                      12:15 LUNCHTIME YOGA--Michael                      3:30 FLEX-ABILITY+CORE--Julie                      4:45 GRIT™ Strength--Stephanie                      5:30 EVENING YOGA--Tatiana</p>	<p><b>21</b>                      7:45 FLEX-ABILITY+CORE--Julie                      9:00 POOLATES*--Julie                      9:00 BODYCOMBAT®-- Tommi/Ely                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE FUSION--Angie A                      6:00 BODYPUMP® 45--Jules                      7:00 ZUMBA!--Melissa</p>	<p><b>22</b>                      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 --Julie                      12:45 SilverSneakers® CLASSIC--Julie                      5:30 PILATES--Richard</p>	<p><b>23</b>                      8:15 YOGA INSPIRED PILATES                      --Kristina                      9:30 ZUMBA!--Kate                      10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>24</b> 9:00 BODYCOMBAT®                      — Vicky/Ely                      10:15 BODYPUMP®                      —Ely                      2:45 SOULFUSION--Angie A                      4:00 ZUMBA!--Melissa  <b>31</b> 2:45 SOULFUSION--Angie A                      4:00 ZUMBA!--Melissa</p>	<p><b>25</b> 5:30 GRIT Cardio-Stephanie                      8:30 STEP—Laurie                      10:00 AQUA B.A.S.I.C. 45*--Jan                      10:00 BEG STEP 30—Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Carol                      3:30 FLEX-ABILITY+CORE—Julie                      4:45 GRIT™ Cardio--Kristi                      5:30 ZUMBA!-- Mickella</p>	<p><b>26</b> 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</p>	<p><b>27</b> 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 &amp; S 50—Julie                      12:15 LUNCHTIME YOGA--Carol                      3:30 FLEX-ABILITY+CORE--Julie                      4:45 GRIT™ Strength--Stephanie                      5:30 EVENING YOGA--Tatiana</p>	<p><b>28</b>                      7:45 FLEX-ABILITY+CORE--Julie                      9:00 POOLATES*--Julie                      9:00 BODYCOMBAT®-- Tommi/Ely                      10:45 SilverSneakers® CLASSIC--Julie                      12:15 LUNCHTIME YOGA--Michael                      4:45 BARRE FUSION--Angie A                      6:00 BODYPUMP® 45--Jules                      7:00 ZUMBA!--Melissa</p>	<p><b>29</b>                      9:00 HIPPIITY HOP BODYPUMP                      --Angie R/Jules                      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                      5:30 PILATES--Richard</p>	<p><b>30</b>                      8:15 UNWIND YOGA--Carol                      9:30 LATIN DANCE!--Carol                      10:45 FLEX-ABILITY+CORE--Julie</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;"><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)                      Schedule published on 2/26/24. Check the app or call any Service Desk at 526-8652 for most up to date information.</p>					1  10:15 ZUMBA!-- Kate 12:00 PILATES--Jan	2
3	4  9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard	5  5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol	6  9:00 TRX FULL BODY TRAINING --Daniel/Christina 11:00 BODYJAM® 45--Jules	7  5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie	8  10:15 ZUMBA!--Kate 12:00 PILATES--Jan	9
10	11  9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard	12  5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	13  9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45--Jules	14  5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	15  10:15 ZUMBA!--Kate 12:00 PILATES--Jan	16
17	18  9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard	19  5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 6:00 TRX FULL BODY TRAINING --Robb	20  9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45-- Jules	21  5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	22  10:15 ZUMBA!--Kate 12:00 PILATES--Jan	23
24/31 Easter Hours: 12pm-8pm	25  9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard	26  5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	27  9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45---Jules	28  5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	29  10:15 ZUMBA!--Kate 12:00 PILATES--Jan	30