

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

# MARCH 2025

# GROUP FITNESS DIAMOND ROOM - WEST

# FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> 11:00 ALIGN&FLOW --Carly 12:15 PILATES--Carly	<b>3</b> 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb 5:15 SPRINT™--Janelle/Sean	<b>4</b> 9:00 PILATES FUSION--Jan 10:15 BODYBALANCE--Rock 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 5:15 RPM™ --Angie R	<b>5</b> 9:00 WISDOM YOGA--Wendy 1:00 LUNCHTIME YOGA--Tatiana 5:30 PILATES--Richard	<b>6</b> 9:00 PILATES FUSION--Jan 10:15 BODYBALANCE-Ely 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 6:00 EVENING YOGA--Tatiana	<b>7</b> 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	<b>1/8</b> 8:15 RPM™-Angie R/Sean 9:30 PILATES--Richard
<b>9</b> 11:00 ALIGN&FLOW --Carly 12:15 PILATES--Carly	<b>10</b> 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb 5:15 SPRINT™--Janelle/Sean	<b>11</b> 9:00 PILATES FUSION--Jan 10:15 BODYBALANCE--Rock 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 5:15 RPM™ --Angie R	<b>12</b> 9:00 WISDOM YOGA--Wendy 1:00 LUNCHTIME YOGA--Kristina 5:30 PILATES--Richard	<b>13</b> 9:00 PILATES FUSION--Jan 10:15 BODYBALANCE-Ely 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 6:00 EVENING YOGA--Kristina	<b>14</b> 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	<b>15</b> 8:15 RPM™-Sean 9:30 PILATES--Kerry
<b>16</b> 11:00 ALIGN&FLOW YOGA --Carly 12:15 PILATES--Carly	<b>17</b> 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb 5:15 SPRINT™--Janelle/Sean	<b>18</b> 9:00 PILATES FUSION-- Jan 10:15 BODYBALANCE--Rock 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 5:15 RPM™-- Sean	<b>19</b> 9:00 WISDOM YOGA--Wendy 1:00 LUNCHTIME YOGA--Tatiana 5:30 PILATES--Richard	<b>20</b> 9:00 PILATES FUSION--Jan 10:15 BODYBALANCE-Ely 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 6:00 EVENING YOGA--Tatiana	<b>21</b> 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Sean	<b>22</b> 8:15 RPM™--Sean/Angie R 9:30 PILATES--Richard
<b>23</b> 11:00 ALIGN&FLOW YOGA --Carly 12:15 PILATES--Carly	<b>24</b> 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb 5:15 SPRINT™--Janelle/Sean	<b>25</b> 9:00 PILATES FUSION-- Jan 10:15 BODYBALANCE--Rock 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 5:15 RPM™ --Angie R	<b>26</b> 9:00 WISDOM YOGA--Wendy 1:00 LUNCHTIME YOGA--Jan 5:30 PILATES--Richard	<b>27</b> 9:00 PILATES FUSION--Jan 10:15 BODYBALANCE-Ely 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 6:00 EVENING YOGA--Kristina	<b>28</b> 9:00 YIN YOGA--Jan 5:30 pm RPM--Angie R	<b>29</b> 8:15 RPM™--Sean/Angie R 9:30 PILATES--Richard
<b>30</b> 11:00 ALIGN&FLOW YOGA --Carly 12:15 PILATES--Carly	<b>31</b> 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb 5:15 SPRINT™--Janelle/Sean	All group fitness classes are free to members. Schedule published on 2/27/25. Check the app or call any Service Desk at 779-4593 for most up to date information. <b>Group Fitness Schedules also available online at <a href="http://flagstaffathleticclub.com/schedules">flagstaffathleticclub.com/schedules</a></b>				

# MARCH 2025

# GROUP FITNESS MAIN ROOM - EAST

# FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>2</b> 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:45 SOULFUSION--Angie A 4:00 LES MILLS DANCE®--Kerry	<b>3</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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 LES MILLS DANCE--Kerry	<b>4</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 7:00 ZUMBA!-Berta	<b>5</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 & S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana	<b>6</b> 7:45 FLEX-ABILITY+CORE--Julie 9:00 BODYCOMBAT®--Nicole 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Kristina 4:45 BARRE FUSION & Sole Training --Angie A 6:00 BODYPUMP® 45--Jules 7:00 ZUMBA!-Berta	<b>7</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 & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard	<b>1</b> 8:15 UNWIND YOGA--Kristina 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie  <b>8</b> 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate/Berta 10:45 FLEX-ABILITY+CORE--Julie	
<b>9</b> 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:45 BODYBALANCE--Angie R 4:00 ZUMBA!--Mickella	<b>10</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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 ZUMBA!-- Mickella	<b>11</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--Kerry 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!-Berta	<b>12</b> 5:30 GRIT™ Strength--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 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Michael	<b>13</b> 7:45 FLEX-ABILITY+CORE--Julie 9:00 BODYCOMBAT®--Nicole 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION --Kerry 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!-Berta	<b>14</b> 9:00 BODYPUMP®--Kerry 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 5:30 PILATES--Kerry	<b>15</b> 8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE--Carol 10:45 FLEX-ABILITY+CORE--Julie	
<b>16</b> 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP--Ely 2:45 BODYBALANCE--Ely 4:00 LM DANCE--Kerry	<b>17</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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 5:30 ZUMBA!--Mickella	<b>18</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 7:00 ZUMBA!-Berta	<b>19</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 & S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana	<b>20</b> 7:45 FLEX-ABILITY+CORE--Julie 9:00 BODYCOMBAT®--Nicole 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION --Angie A 6:00 BODYPUMP® 45--Jules 7:00 ZUMBA!--Berta	<b>21</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 & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard	<b>22</b> 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie	
<b>23</b> 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:00 KUNDALINI YOGA and LAYA MEDITATION--Angie Allen 4:00 LATIN DANCE--Carol	<b>24</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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 5:30 ZUMBA!--Mickella	<b>25</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 STARRE--Angie A 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!-Berta	<b>26</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 & S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Michael	<b>27</b> 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYCOMBAT®--Nicole 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Jules 7:00 ZUMBA!--Berta	<b>28</b> 9:00 BODYPUMP®--Angie R/Jules 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 5:30 PILATES--Richard	<b>29</b> 8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE!--Carol 10:45 FLEX-ABILITY+CORE--Julie	
<b>30</b> 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:45 BODYBALANCE--Angie R 4:00 LM DANCE--Kerry	<b>31</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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 5:30 ZUMBA--Mickella	<p><b>Group Fitness schedule also available at</b>  <b>flagstaffathleticclub.com</b></p> <p>All group fitness classes are free to members</p> <p>Schedule published on 2/27/25. Check the app or call any Service Desk at 526-8652 for most up to date information.</p> <p>*Class held at Indoor Pool</p>					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 9:00 TRX FULL BODY TRAINING--Robb 5:30pm PILATES--Richard	4 5:30am CYCLEFIT--Rochelle 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE--Carol	5 9:00 TRX FULL BODY TRAINING--Robb 11:00 LES MILLS DANCE® --Jules	6 5:30am CYCLEFIT--Rochelle 8:00 BODYBALANCE--Tommi 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE--Laurie	7 9:00 PRECISION TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate	8
9	10 9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard	11 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE--Carol	12 9:00 TRX FULL BODY TRAINING --Robb 11:00 LES MILLS DANCE® --Jules	13 8:00 BODYBALANCE--Tommi 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE --Laurie	14 9:00 PRECISION TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate	15
16	17 9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard	18 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE 'n GROOVE--Carol	19 9:00 TRX FULL BODY TRAINING --Robb 11:00 LES MILLS DANCE® --Jules	20 5:30am CYCLEFIT--Rochelle 8:00 BODYBALANCE--Tommi 9:15 CYCLING—Laurie 10:45 MOVE 'n GROOVE--Laurie	21 9:00 PRECISION TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate	22
23	24 9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard	25 5:30am CYCLEFIT--Rochelle 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE--Carol	26 9:00 TRX FULL BODY TRAINING --Robb 11:00 LES MILLS DANCE® --Jules	27 5:30am CYCLEFIT--Rochelle 8:00 BODYBALANCE--Tommi 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE--Laurie	28 9:00 PRECISION TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate	29
30	31 9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard	<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.                      Schedule published on 2/27/25. Check the app or call any Service Desk at 526-8652 for most up to date information.</p>				