

MAY 2023

GROUP FITNESS MAIN ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30am BARBELL STRENGTH-Ali 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean	2 9:00 BODYPUMP®—Rock 5:00 pm HIIT!--Kristina	3 5:30 BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle	4 9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean	5 5:30am BODYPUMP®— Tommi 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	6 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean
7 3:00 SUNDAY YOGA—Shelbi	8 5:30am BARBELL STRENGTH-Ali 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean	9 9:00 BODYPUMP®—Rock 5:00 pm HIIT!--Kristina	10 5:30 BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle	11 9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean	12 5:30am BODYPUMP® 50- Tommi 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	13 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean
14 3:00 PILATES--Richard	15 5:30am BODYPUMP-Tommi 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Sean/Janelle 6:00 BODYPUMP® 45-Sean/Janelle	16 9:00 BODYPUMP®—Rock 5:00 pm HIIT!--Kristina	17 5:30 BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle	18 9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle	19 5:30am BODYPUMP® 50--Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	20 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Sean/Janelle
21 3:00 SUNDAY YOGA—Shelbi	22 5:30am BARBELL STRENGTH-Ali 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean	23 9:00 BODYPUMP®—Rock 5:00 pm HIIT!--Kristina	24 5:30 BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle	25 9:00 BODYPUMP®—ROCK 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean	26 5:30am BODYPUMP® 50-Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	27 8:15 BODYCOMBAT® — Tommi 9:30 BODYPUMP® —Jules
28 3:00 SUNDAY YOGA—Carol	29 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP® --Tommi 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45--Sean	30 9:00 BODYPUMP® —Rock 5:00 pm HIIT!--Maya	31 5:30 BODYPUMP®—Jules 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Mickella 4:15 YOGA/PILATES FUSION 45 --Carol 5:30 BODYCOMBAT®--Vicky	<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>		

MAY 2023

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12:00 CYCLING--Robb 1:30 Pilates/Stretch Fusion--Kristina 6:00 ZUMBA!--Mickella	2 9:00 PILATES--Richard 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™--Angie 6:15 VINYASA FLOW--Kent	3 1:30 LUNCHTIME YOGA--Michael 6:00 ZUMBA!--Mickella	4 9:00 TRX-- Emilia 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW--Shelbi	5 1:30 LUNCHTIME YOGA--Carol 5:30 pm FRIDAY FULL PSYCLE--Darrin	6 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard
7	8 12:00 CYCLING--Lanna 1:30 LUNCHTIME YOGA--Erin 6:00 ZUMBA!--Mickella	9 9:00 PILATES--Richard 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™--Darrin 6:15 VINYASA FLOW--Kent	10 1:30 LUNCHTIME YOGA--Erin 6:00 ZUMBA!--Mickella	11 9:00 TRX-- Emilia 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW--Shelbi	12 1:30 LUNCHTIME YOGA--Erin 5:30 pm FRIDAY FULL PSYCLE--Darrin	13 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard
14	15 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Erin 6:00 ZUMBA!--Mickella	16 9:00 PILATES--Richard 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™-- Angie R 6:15 VINYASA FLOW--Erin	17 1:30 LUNCHTIME YOGA--Erin 6:00 ZUMBA!--Kate	18 9:00 TRX-- Robb 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW--Erin	19 1:30 LUNCHTIME YOGA--Erin 5:30 pm FRIDAY FULL PSYCLE--Darrin	20 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard
21	22 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Erin 6:00 ZUMBA!--Mickella	23 9:00 PILATES--Richard 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™--Angie R 6:15 VINYASA FLOW--Kent	24 1:30 LUNCHTIME YOGA--Erin 6:00 ZUMBA!--Mickella	25 9:00 TRX--Emilia 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW--Kent	26 1:30 LUNCHTIME YOGA--Erin 5:30 pm FRIDAY FULL PSYCLE--Darrin	27 8:15 RPM™--Sean 9:30 PILATES--Richard
28	29 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Erin 6:00 ZUMBA!--Mickella	30 9:00 PILATES--Richard 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™--Angie R 6:15 VINYASA FLOW--Carol	31 1:30 LUNCHTIME YOGA--Erin 6:00 ZUMBA!--Mickella	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.		

MAY 2023

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 5:30 GRIT™ Cardio--Stephanie 8:30 STEP—Laurie 9:00 POOLATES*--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 50--Ali 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 4:45 GRIT™ Cardio--Kristi 5:30 BODYJAM® 30--Dayne 6:00 STEP & STRENGTH--Dayne	2 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	3 5:30 GRIT STRENGTH--Kristi 8:30 STEP—Laurie 9:00 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 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Rachel 5:30 Power Yoga-- Shelbi	4 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 & SOLE TRAINING--Angie A 6:00 BODYPUMP® 45--Ely	5 9:00 BODYPUMP®--Angie R 9:00 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	6 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie	
7 2:45 SOULfusion--Angie A	8 5:30 GRIT™ Cardio--Stephanie 8:30 STEP—Laurie 9:00 POOLATES*--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 50--Ali 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Rachel 4:45 GRIT™ Cardio--Rachel 5:30 BODYJAM® 30--Dayne 6:00 STEP & STRENGTH--Dayne	9 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	10 5:30 GRIT™ Strength--Kristi 8:30 STEP—Laurie 9:00 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 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Rachel 5:30 Power Yoga-- Shelbi	11 7:45 FLEX-ABILITY+CORE--Julie 9:00 HIGH FITNESS--Ali 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Mickella 6:00 BODYPUMP® 45--Ely	12 9:00 BODYPUMP®--Angie R 9:00 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	13 8:15 UNWIND YOGA--Carol 9:30 DANCE PARTY!--Carol 10:45 FLEX-ABILITY+CORE--Julie	
14 2:45 BARRE FUSION --Mickella	15 5:30 GRIT™ Athletic--Stephanie 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 3:30 FLEX-ABILITY+CORE—Rachel 4:45 GRIT™ Cardio--Rachel 5:30 BODYJAM® 30--Dayne 6:00 STEP & STRENGTH--Dayne	16 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 6:00 BODYPUMP® 45--Ely	17 5:30 GRIT™ Strength--Stephanie 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 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Rachel 5:30 Power Yoga--Shelbi	18 7:45 FLEX-ABILITY+CORE--Julie 8:45 POOLATES**--Julie 9:00 BODYCOMBAT--Tommi 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Ely	19 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	20 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie	
21 2:45 SOULfusion--Angie A	22 5:30 GRIT™ Athletic--Stephanie 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--Ali 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 4:45 GRIT™ Cardio--Stephanie 5:30 BODYJAM® 30--Dayne 6:00 STEP & STRENGTH--Dayne	23 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 6:00 BODYPUMP® 45--Ely	24 5:30 GRIT™ Strength--Kristi 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 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 Power Yoga--Shelbi	25 7:45 FLEX-ABILITY+CORE--Julie 8:45 POOLATES**--Julie 9:00 HIGH FITNESS--Ali 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP 45--Ely	26 9:00 Bodypump-Kate 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	27 8:15 UNWIND YOGA--Carol 9:30 DANCE PARTY!--Carol 10:45 FLEX-ABILITY+CORE--Julie	
28 2:45 SOULfusion--Angie A	29 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--Ali 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Rachel 4:45 GRIT™ Cardio--Rachel	30 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 6:00 BARBELL STRENGTH 45--Ali	31 5:30 GRIT™ Strength--Kristi 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 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Rachel 5:30 Power Yoga--Shelbi	<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. *Class held at Indoor Pool **Class taught in outdoor pool.</p>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 5:30pm Evening Yoga-Shelbi</p>	<p>2 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Emilia</p>	<p>3 8:30 TRX FULL BODY TRAINING --Richard 9:45 PILATES--Richard 11:00 BODYJAM® 45--Jules</p>	<p>4 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie</p>	<p>5 10:15 ZUMBA!--Kate 12:00 PILATES--Richard</p>	<p>6</p>
7	<p>8 8:30 TRX FULL BODY TRAINING --Emilia 9:45 PILATES--Richard 5:30pm Evening Yoga-Shelbi</p>	<p>9 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Emilia</p>	<p>10 8:30 TRX FULL BODY TRAINING --Richard 9:45 PILATES--Richard 11:00 BODYJAM® 45--Jules</p>	<p>11 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie</p>	<p>12 10:15 ZUMBA!--Kate 12:00 PILATES--Richard</p>	<p>13</p>
14	<p>15 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 5:30pm Evening Yoga-Shelbi</p>	<p>16 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb</p>	<p>17 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 11:00 BODYJAM® 45--Jules</p>	<p>18 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie</p>	<p>19 10:15 ZUMBA!--Kate 12:00 PILATES--Richard</p>	<p>20</p>
21	<p>22 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 5:30pm Evening Yoga-Shelbi</p>	<p>23 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb</p>	<p>24 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 11:00 BODYJAM® 45-- Jules</p>	<p>25 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie</p>	<p>26 10:15 ZUMBA!--Kate 12:00 PILATES--Richard</p>	<p>27</p>
28	<p>29 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 5:30pm Evening Yoga-Shelbi</p>	<p>30 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb</p>	<p>31 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 11:00 BODYJAM® 45---Jules</p>	<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.</p>		