

MAY 2021

GROUP FITNESS MAIN ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 3:00 SUNDAY YOGA —Lucy*	3 5:45am BODYPUMP®—Stephanie 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® 45—Janelle	4 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA & WORLD PEACE MEDITATION--Ken 5:15 “May the 4th Be with You” RPM™--Angie R 6:15 BODYPUMP® 45--Angie R	5 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:30 BODYCOMBAT®—Janelle 6:45 BARRE/PILATES FUSION --Kristina	6 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA & WORLD PEACE MEDITATION—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle	7 5:45am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Laura 10:15 POWER FLOW YOGA--Anni 4:30 SPRINT™ --Sean	1 8:15 BODYCOMBAT®—Janelle 9:30 BODYPUMP®—Janelle <hr/> 8 8:15 BODYCOMBAT®—Janelle 9:30 BODYPUMP®—Janelle
9 3:00 SUNDAY YOGA* —Lucy	10 5:45am BODYPUMP®—Stephanie 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® 45—Janelle	11 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA & WORLD PEACE MEDITATION--Ken 5:15 RPM™--Angie R 6:15 BODYPUMP® 45--Angie R	12 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:30 BODYCOMBAT®—Janelle 6:45 BARRE/PILATES FUSION --Kristina	13 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA & WORLD PEACE MEDITATION—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle	14 5:45am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Laura 10:15 POWER FLOW YOGA --Michael 4:30 SPRINT™ --Sean	15 8:15 BODYCOMBAT® —Janelle 9:30 BODYPUMP®—Janelle
16 3:00 SUNDAY YOGA —Carol	17 5:45am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Laura 10:15 BODYPUMP®--Angie R 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Janelle	18 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA & WORLD PEACE MEDITATION--Ken 5:15 RPM™--Angie R 6:15 BODYPUMP® 45--Angie R	19 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:30 BODYCOMBAT®—Janelle 6:45 BARRE/PILATES FUSION --Kristina	20 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA & WORLD PEACE MEDITATION—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle	21 5:45am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Laura 10:15 POWER FLOW YOGA --Michael 4:30 SPRINT™ --Sean	22 8:15 BODYCOMBAT®--Janelle 9:30 BODYPUMP®—Janelle
23 3:00 SUNDAY YOGA* —Lucy	24 5:45am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Laura 10:15 BODYPUMP®--Angie R 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Janelle	25 9:00 BODYPUMP®—Jesse 12:15 LUNCHTIME YOGA & WORLD PEACE MEDITATION--Ken 5:15 RPM™--Angie R 6:15 BODYPUMP® 45--Angie R	26 9:00 BODYPUMP®—Jesse 1:30 LUNCHTIME YOGA—Ken 5:30 BODYCOMBAT®—Janelle 6:45 BARRE/PILATES FUSION --Kristina	27 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA--Anni 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle	28 5:45am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Laura 10:15 POWER FLOW YOGA--Anni 4:30 SPRINT™ --Sean	29 8:15 BODYCOMBAT® —Janelle 9:30 BODYPUMP®—Janelle

30
 3:00 SUNDAY YOGA*
 —Lucy

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 HAPPY MEMORIAL DAY!
 Hours: 7 am - 7 pm

 9:00 BODYJAM®--Kerry
 9:45 BODYPUMP® 45--Kerry

Group Fitness schedule also available at flagstaffathleticclub.com
 All group fitness classes are free to members. If there is an * by the class name, it is also offered as a ZOOM class.
 Please use FAC App or Member Portal or call 779-4593 to register for Zoom classes.

MAY 2021

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 12:00 HRT CYCLING--Robb	4 10:15 SPRINT™—Rock	5 5:45am CYCLING 45--Jenn 6:15 pm ZUMBA!*--Sergio	6 10:15 SPRINT™--Rock	7	1 8:15 RPM™--Angie R 8 8:15 RPM™--Sean
9	10 12:00 HRT CYCLING--Robb	11 10:15 SPRINT™—Rock	12 5:45am CYCLING 45--Jenn 6:15 pm ZUMBA!*--Sergio	13 10:15 SPRINT™--Rock	14	15 8:15 RPM™--Angie R
16	17 12:00 HRT CYCLING—Robb	18 10:15 SPRINT™—Rock	19 5:45am CYCLING 45--Jenn 6:15 pm ZUMBA!*--Sergio	20 10:15 SPRINT™--Rock	21	22 8:15 RPM™--Sean
23	24 12:00 HRT CYCLING--Robb	25 10:15 SPRINT™—Sean	26 5:45am CYCLING 45--Jenn 6:15 pm ZUMBA!*-Sergio	27 10:15 SPRINT™--Rock	28	29 8:15 RPM™--Angie R

30

31
HAPPY MEMORIAL DAY!
Hours: 7 am - 7 pm

Group Fitness schedule also available at flagstaffathleticclub.com
 All group fitness classes are free to members. If there is an * by the class name,
 it is also offered as a ZOOM class.
 Please use FAC App or Member Portal or call 779-4593 to register for Zoom classes.

MAY 2021

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>12:30 BODYPUMP®--Kerry 1:45 SOULfusion*--Angie A</p>	<p>3</p> <p>8:30 STEP*—Laurie 9:15 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYJAM®--Kerry 6:00 BODYPUMP® 45--Kerry</p>	<p>4</p> <p>8:00 FLEX-ABILITY+ CORE*—Julie 9:15 POOLATES--Julie 9:15 BODYJAM®--Jules 10:45 SilverSneakers® CLASSIC*--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE 100's*--Angie A 7:00 ZUMBA!--Sergio</p>	<p>5</p> <p>5:30 STRENGTH & STRETCH--Rochelle 8:30 STEP*—Laurie 9:15 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45—Julie 12:15 LUNCHTIME YOGA--Carol 5:15 GRIT™ Cardio--Stephanie 6:00 CINCO de MAYO BODYPUMP® --Angie R</p>	<p>6</p> <p>8:00 FLEX-ABILITY+ CORE*—Julie 9:15 POOLATES--Julie 10:45 SilverSneakers® CLASSIC*—Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION & SOLE TRAINING*--Angie A 6:15 BODYPUMP® 45--Jesse 7:15 STEP 45--Dayne</p>	<p>7</p> <p>9:00 BODYPUMP®—Jesse 9:15 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30*--Laurie 11:30 MOVEMENT & STRENGTH 45 --Julie 1:00 LUNCHTIME YOGA*--Lucy</p>	<p>1</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio</p> <hr/> <p>8</p> <p>8:15 BASIC PILATES & YOGA FUSION--Carol 9:30 ZUMBA!--Sergio</p>
<p>9</p> <p>12:30 BODYPUMP®--Kerry 1:45 SOULfusion*--Angie A</p>	<p>10</p> <p>8:30 STEP*—Laurie 9:15 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYJAM®--Kerry 6:00 BODYPUMP® 45--Kerry</p>	<p>11</p> <p>8:00 FLEX-ABILITY+ CORE*—Julie 9:15 POOLATES--Julie 9:15 BODYJAM®--Jules 10:45 SilverSneakers® CLASSIC*—Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE*--Angie A 7:00 ZUMBA!--Sergio</p>	<p>12</p> <p>5:30 STRENGTH & STRETCH--Angie A 8:30 STEP*—Laurie 9:15 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45—Julie 12:15 LUNCHTIME YOGA--Carol 5:15 GRIT™ Cardio--Stephanie 6:00 BODYPUMP® 45--Stephanie</p>	<p>13</p> <p>8:00 FLEX-ABILITY+ CORE*—Julie 9:15 POOLATES--Julie 10:45 SilverSneakers® CLASSIC*—Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION*--Angie A 6:15 BODYPUMP® 45--Jesse 7:15 STEP 45--Dayne</p>	<p>14</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 45 --Julie 1:00 LUNCHTIME YOGA--Carol</p>	<p>15</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio</p>
<p>16</p> <p>12:30 BODYPUMP®--Kerry 1:45 SOULfusion*--Angie A</p>	<p>17</p> <p>8:30 STEP*—Laurie 9:15 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYJAM®--Kerry 6:00 BODYPUMP® 45--Kerry</p>	<p>18</p> <p>8:00 FLEX-ABILITY+ CORE*—Julie 9:15 POOLATES--Julie 9:15 BODYJAM®--Jules 10:45 SilverSneakers® CLASSIC*—Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE*--Angie A 7:00 ZUMBA!--Sergio</p>	<p>19</p> <p>5:30 STRENGTH & 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 & S 45—Julie 12:15 LUNCHTIME YOGA--Carol 5:15 GRIT™ Cardio--Stephanie 6:00 BODYPUMP® 45--Stephanie</p>	<p>20</p> <p>8:00 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--Jesse 7:15 STEP 45--Dayne</p>	<p>21</p> <p>9:00 BODYPUMP®—Jesse 8:45 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30*--Laurie 11:30 MOVEMENT & STRENGTH 45 --Julie 1:00 LUNCHTIME YOGA*--Lucy</p>	<p>22</p> <p>8:15 BASIC PILATES & YOGA FUSION--Carol 9:30 ZUMBA!--Sergio</p>
<p>23</p> <p>12:30 BODYPUMP®--Kerry 1:45 SOULfusion*--Angie A</p>	<p>24</p> <p>8:30 STEP*—Laurie 9:15 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYJAM®--Kerry 6:00 BODYPUMP® 45--Kerry</p>	<p>25</p> <p>8:00 FLEX-ABILITY+ CORE*—Julie 9:15 POOLATES--Julie 9:15 BODYJAM®--Jules 10:45 SilverSneakers® CLASSIC*—Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE*--Angie A 7:00 ZUMBA!--Sergio</p>	<p>26</p> <p>5:30 STRENGTH & 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 & S 45—Julie 12:15 LUNCHTIME YOGA--Michael 5:15 GRIT™ Cardio--Stephanie 6:00 BODYPUMP® 45--Stephanie</p>	<p>27</p> <p>8:00 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--Jesse 7:15 STEP 45--Dayne</p>	<p>28</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 45 --Julie 1:00 LUNCHTIME YOGA*--Lucy</p>	<p>29</p> <p>9:30 ZUMBA!--Sergio</p>
<p>30</p> <p>12:30 BODYPUMP®--Kerry 1:45 SOULfusion*--Angie A</p>	<p>31</p> <p>Happy Memorial Day! Hours: 7 am - 7 pm</p> <p>9:15 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 11:00 M & S 45--Julie</p>	<p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free. If there is an * by the class name, it is also offered as a ZOOM class. Please use FAC App or Member Portal or call 526-8652 to register for Zoom classes.</p>				

MAY 2021

GROUP FITNESS CYCLING 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. If there is an * by the class name, it is also offered as a ZOOM class. Please use FAC App or Member Portal or call 526-8652 to register for Zoom classes.</p>						1
2	3	4 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 BODYJAM®--Dayne	5	6 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie 5:30 BODYJAM®--Kerry	7	8
9	10	11 5:30am CYCLEFIT--Rochelle 10:45 MOVE 'n GROOVE--Carol 12:00 CYCLING—Laurie 5:30 BODYJAM®--Dayne	12	13 5:30am CYCLEFIT--Rochelle 10:45 MOVE 'n GROOVE--Carol 12:00 CYCLING—Laurie 5:30 BODYJAM®--Laurie	14	15
16	17	18 5:30am CYCLEFIT--Rochelle 10:45 MOVE 'n GROOVE--Carol 12:00 CYCLING—Laurie 5:30 BODYJAM®--Dayne	19	20 5:30am CYCLEFIT--Rochelle 10:45 MOVE 'n GROOVE--Carol 9:15 CYCLING—Laurie 5:30 BODYJAM®--Kerry	21	22
23/30	24/31 May 31 Happy Memorial Day! Hours: 7 am - 7 pm	25 5:30am CYCLEFIT--Rochelle 10:45 MOVE 'n GROOVE --Laurie 12:00 CYCLING—Laurie 5:30 BODYJAM®--Dayne	26	27 5:30am CYCLEFIT--Rochelle 10:45 MOVE 'n GROOVE --Laurie 12:00 CYCLING—Laurie 5:30 BODYJAM®--Jules	28	29