

MAY 2022

GROUP FITNESS MAIN ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>SUNDAY FUNDAY TRIFECTA: 1-1:30 Grit™ Cardio--Kristi 1:45-2:30 BODYPUMP® 45 --Janelle 3:00 SUNDAY YOGA—Lucy</p>	<p>2</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Janelle 7:15 ZUMBA!--Sergio</p>	<p>3</p> <p>5:30am BODYCOMBAT®--Laura 9:00 BODYPUMP®—Tommi 1:30 LUNCHTIME YOGA—Ken 6:15 YIN YOGA--Cris</p>	<p>4</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p>5</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle</p>	<p>6</p> <p>5:30am BODYPUMP®— Stephanie 6:30-8 BALLROOM DANCE--Ken (Fee and registration)</p>	<p>7</p> <p>8:15 BODYCOMBAT®— Janelle 9:30 BODYPUMP®—Janelle</p>
<p>8</p> <p>SUNDAY FUNDAY TRIFECTA: 1-1:30 BODYJAM®--Kerry 1:45-2:30 BODYPUMP® 45 --Kerry 3:00 SUNDAY YOGA—Lucy</p>	<p>9</p> <p>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>10</p> <p>5:30am BODYCOMBAT®--Laura 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 6:15 YIN YOGA--Lucy</p>	<p>11</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYPUMP®—Tommi 1:30 LUNCHTIME YOGA—Ken 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p>12</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Janelle 6:00 BODYPUMP® —Janelle</p>	<p>13</p> <p>5:30am BODYPUMP®— Stephanie 6:30-8 BALLROOM DANCE--Ken (Fee and registration)</p>	<p>14</p> <p>8:15 BODYCOMBAT®— Janelle 9:30 BODYPUMP®—Janelle</p>
<p>15</p> <p>SUNDAY FUNDAY TRIFECTA: 1-1:30 HIP HOP STEP--Dayne 1:45-2:30 BODYPUMP® 45 --Tommi 3:00 SUNDAY YOGA —Lucy</p>	<p>16</p> <p>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>17</p> <p>5:30am BODYCOMBAT®--Laura 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 6:15 YIN YOGA--Lucy</p>	<p>18</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 4:15 YOGA/PILATES FUSION 45 --Carol 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p>19</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA--Ken 5:15 SPRINT™ --Janelle 6:00 BODYPUMP® —Janelle</p>	<p>20</p> <p>5:30am BODYPUMP®— Stephanie</p>	<p>21</p> <p>8:15 BODYCOMBAT®— Janelle 9:30 BODYPUMP®—Janelle</p>
<p>22</p> <p>SUNDAY FUNDAY TRIFECTA: 1-1:30 BODYCOMBAT®--Laura 1:45-2:30 BODYPUMP® 45 --Angie R 3:00 SUNDAY YOGA—Lucy</p>	<p>23</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 1:30 LUNCHTIME YOGA—Carol 5:15 SPRINT™--Janelle 6:00 BODYPUMP® 45—Janelle 7:15 ZUMBA!--Sergio</p>	<p>24</p> <p>5:30am BODYCOMBAT®--Laura 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Carol 6:15 YIN YOGA--Lucy</p>	<p>25</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Carol 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio</p>	<p>26</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Carol 5:15 CYCLE 30--Darrin 6:00 BODYPUMP® —Angie R.</p>	<p>27</p> <p>5:30am BODYPUMP®— Stephanie</p>	<p>28</p> <p>8:15 BODYCOMBAT®— Vicky 9:30 BODYPUMP®—Angie R</p>
<p>29</p> <p>SUNDAY FUNDAY TRIFECTA: 1-1:30 CYCLING 30--Darrin (in Diamond Room) 1:45-2:30 BODYPUMP® 45 --Kerry 3:00 SUNDAY YOGA—Lucy</p>	<p>30 HAPPY MEMORIAL DAY Club Hours: 7 am -8 pm</p> <p>9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Angie R 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Janelle 6:00 BODYPUMP® 45--Janelle</p>	<p>31</p> <p>5:30am BODYCOMBAT®--Laura 9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 6:15 YIN YOGA--Lucy</p>	<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 2022

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 12:00 CYCLING--Robb	3 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 5:15pm RPM™ --Angie R	4	5 10:15 ROCKOUT with TRX--Rock 6:00 pm HIIT!--Kristina	6 5:30 pm FRIDAY FULL PSYCLE --Darrin	7 8:15 RPM™--Angie R 9:30 PILATES--Richard	
8	9 12:00 CYCLING--Robb	10 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 10:30 SPRINT™--Rock 5:15pm RPM™ --Angie R	11	12 10:15 ROCKOUT with TRX--Rock 6:00 pm HIIT!--Kristina	13 5:30 pm FRIDAY FULL PSYCLE --Darrin	14 8:15 CYCLING--Darrin 9:30 PILATES--Richard	
15	16 12:00 CYCLING--Robb	17 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 10:30 SPRINT™--Rock 5:15pm RPM™ --Angie R	18	19 10:15 ROCKOUT with TRX--Rock 6:00 pm HIIT!--Kristina	20 5:30 pm FRIDAY FULL PSYCLE --Darrin	21 8:15 RPM™--Angie R 9:30 PILATES--Richard	
22	23 12:00 CYCLING--Robb	24 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 10:30 SPRINT™--Rock 5:15pm RPM™ --Angie R	25	26 10:15 ROCKOUT with TRX--Rock 6:00 pm HIIT!--Kristina	27 5:30 pm FRIDAY FULL PSYCLE --Darrin	28 8:15 RPM™--Angie R 9:30 PILATES--Richard	
29 SUNDAY FUNDAY TRIFECTA: 1-1:30 CYCLING 30--Darrin	30 HAPPY MEMORIAL DAY Club Hours: 7 am -8 pm 12:00 CYCLING--Robb	31 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 10:30 SPRINT™--Rock 5:15pm RPM™ --Angie R	<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 779-4593.</p>				

MAY 2022

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio	2 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 5:30 BODYJAM® 30--Kerry 6:15 BODYPUMP® 45--Kerry	3 5:30 GRIT™ Athletic--Stephanie 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 7:00 ZUMBA!--Sergio	4 5:30 STRENGTH & STRETCH--Rochelle 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 4:30 STEP 45--Dayne 5:30 ALL LEVELS YOGA--Cris	5 5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION & SOLE TRAINING--Angie A 6:15 BODYPUMP® 45--Kerry	6 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	7 8:15 UNWIND YOGA--Carol 9:30 BODYJAM®--Dayne/Jules
8 1:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio	9 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--Lucy 5:30 BODYJAM® 30--Kerry 6:15 BODYPUMP® 45--Kerry	10 5:30 GRIT™ Athletic--Stephanie 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 7:00 ZUMBA!--Sergio	11 5:30 STRENGTH & STRETCH--Rochelle 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--Lucy 4:30 STEP 45--Dayne	12 5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:15 BODYPUMP® 45--Kerry	13 9:00 BODYPUMP®—Tommi 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie	14 8:15 UNWIND YOGA--Ken 9:30 ZUMBA!--Sergio
15 1:45 JAMBARREE--Kerry 4:00 ZUMBA!--Sergio	16 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--Ken 5:30 BODYJAM® 30--Kerry 6:15 BODYPUMP® 45--Kerry	17 5:30 GRIT™ Athletic--Stephanie 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 9:00 BODYPUMP®--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Carol 4:45 BARRE--Rochelle 7:00 ZUMBA!--Sergio	18 5:30 STRENGTH & STRETCH--Rochelle 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 4:30 STEP 45--Dayne	19 5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Carol 4:45 BARRE FUSION--Angie A 6:15 BODYPUMP® 45--Kerry	20 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	21 8:15 PILATES/YOGA FUSION --Carol 9:30 ZUMBA!--Sergio
22 1:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio	23 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 5:30 BODYJAM® 30--Kerry 6:15 BODYPUMP® 45--Kerry	24 5:30 GRIT™ Athletic--Stephanie 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 7:00 ZUMBA!--Sergio	25 5:30 STRENGTH & STRETCH--Rochelle 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 4:30 STEP 45--Dayne	26 5:30 GRIT™ Strength--Kristi 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:15 BODYPUMP® 45--Kerry	27 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	28 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio
29 1:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio	30 HAPPY MEMORIAL DAY Club Hours: 7 am -8 pm 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 5:30 BODYJAM® 30--Kerry 6:15 BODYPUMP® 45--Kerry	31 5:30 GRIT™ Athletic--Stephanie 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 7:00 ZUMBA!--Sergio	<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>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 8:45 PILATES--Richard 5:30 ALL LEVELS YOGA--Cris	3 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	4 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules 5:30 CYCLING--Darrin	5 5:30am RPM™ --Angie R 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie 5:30 BODYJAM® 30--Dayne 6:15 YIN YOGA--Lucy	6 9:00 TRX FULL BODY TRAINING --Robb 12:00 PILATES--Richard	7	
8	9 8:45 PILATES--Richard	10 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 6:00 TRX FULL BODY TRAINING --Robb	11 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules 5:30 CYCLING--Darrin	12 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie 5:30 BODYJAM® 30--Dayne 6:15 YIN YOGA--Lucy	13 9:00 TRX FULL BODY TRAINING --Robb 12:00 PILATES--Richard	14	
15	1 8:45 PILATES--Richard	17 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	18 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules 5:30 RPM™ --Angie R	19 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 5:30 BODYJAM® 30--Dayne 6:15 YIN YOGA--Lucy	20 9:00 TRX FULL BODY TRAINING --Robb 12:00 PILATES--Richard	21	
22	23 8:45 PILATES--Richard	24 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	25 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules 5:30 CYCLING--Darrin	26 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 5:30 BODYJAM® 30--Dayne 6:15 YIN YOGA--Lucy	27 9:00 TRX FULL BODY TRAINING --Robb 12:00 PILATES--Richard	28	
29	30 HAPPY MEMORIAL DAY Club Hours: 7 am -8 pm	31 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	<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>				