

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 3:00 SUNDAY YOGA —Lucy (od)	2 5:45am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®—Vicky (od) 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Sean (od) 6:00 BODYPUMP®45—Janelle	3 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE--Angie A	4 9:00 BODYPUMP®—Rock 12:00 STRENGTH & STRETCH —Kelly (od) 1:30 LUNCHTIME YOGA—Ken 5:30 BODYCOMBAT®—Janelle (od) 6:45 BARRE/PILATES FUSION --Kristina	5 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA —Lucy (od) 5:15 SPRINT™ --Sean (od) 6:00 BODYPUMP®45—Janelle	6 5:45am BODYPUMP®—Brittany	7 8:15 BODYCOMBAT®—Vicky (od) 9:30 BODYPUMP®—Janelle	
8 3:00 SUNDAY YOGA —Lucy (od)	9 5:45am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®—Vicky (od) 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Sean (od) 6:00 BODYPUMP®45—Janelle	10 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE--Angie A	11 9:00 BODYPUMP®—Rock 12:00 STRENGTH & STRETCH —Kelly (od) 1:30 LUNCHTIME YOGA—Ken 5:30 BODYCOMBAT®—Janelle (od) 6:45 BARRE/PILATES FUSION --Kristina	12 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA —Lucy (od) 5:15 SPRINT™ --Sean (od) 6:00 BODYPUMP®45—Janelle	13 5:45am BODYPUMP®—Brittany	14 8:15 BODYCOMBAT®—Janelle (od) 9:30 BODYPUMP®—Janelle	
15 3:00 SUNDAY YOGA —Lucy	16 5:45am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®—Vicky (od) 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Sean (od) 6:00 BODYPUMP®45—Janelle	17 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE--Angie A	18 12:00 STRENGTH & STRETCH —Kelly (od) 1:30 LUNCHTIME YOGA—Ken 5:30 BODYCOMBAT®—Janelle (od) 6:45 BARRE/PILATES FUSION --Kristina	19 12:15 LUNCHTIME YOGA —Lucy (od) 5:15 SPRINT™ --Sean (od) 6:00 BODYPUMP®45—Janelle	20 5:45am BODYPUMP®—Brittany	21 8:15 BODYCOMBAT®—Vicky (od) 9:30 PUMP UP THE JAM —Janelle & Kerry	
22 3:00 SUNDAY YOGA —Lucy	23 5:45am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®—Vicky (od) 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Sean (od) 6:00 BODYPUMP®45—Janelle	24 9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA—Ken 4:30 BARRE ABOVE--Angie A	25 Hours: 5 am - 6 pm 9:00 BODYPUMP®—Rock	26 HAPPY THANKSGIVING! Closed	27 Hours 7 am - 7 pm	28	
29 3:00 SUNDAY YOGA —Lucy	30 5:45am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®—Vicky (od) 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™ --Sean (od) 6:00 BODYPUMP®45—Janelle	<p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to members. Please go online or call 779-4593 to register for all classes!</p>					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 12:00 HRT CYCLING--Robb	3 10:15 SPRINT™—Rock 5:15 RPM™60--Angie R (od)	4 5:45-7pm SWEAT YOGA/WORLD PEACE MEDITATION--Ken	5 10:15 SPRINT™--Rock 4:30 BARRE FUSION--Angie A	6 10:15 POWER FLOW YOGA —Anni 4:30 SPRINT™ --Sean (od)	7 8:15 RPM™60--Sean (od)
8	9	10 10:15 SPRINT™—Rock 5:15 RPM™60--Angie R (od)	11 5:45-7pm SWEAT YOGA/WORLD PEACE MEDITATION--Ken	12 10:15 SPRINT™--Rock	13 10:15 POWER FLOW YOGA —Anni 4:30 SPRINT™ --Sean (od)	14 8:15 RPM™60--Angie R (od)
15	16 12:00 HRT CYCLING--Robb	17 5:15 RPM™60--Angie R (od)	18 5:45-7pm SWEAT YOGA/WORLD PEACE MEDITATION--Ken	19 4:30 BARRE FUSION--Angie A	20 10:15 POWER FLOW YOGA —Anni 4:30 SPRINT™ --Sean (od)	21 8:15 RPM™60--Sean (od)
22	23 12:00 HRT CYCLING--Robb	24 10:15 SPRINT™—Rock 5:15 “THIGHS BEFORE PIES” RPM™60--Angie R (od)	25 Hours: 5 am - 6 pm	26 HAPPY THANKSGIVING! Closed	27 Hours 7 am - 7 pm	28 8:15 RPM™60--Angie R (od)
29	30 12:00 HRT CYCLING—Robb	<p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to members. Please go online or call 779-4593 to register for classes.</p>				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>12:30 BODYPUMP®--Brittany 4:00 SUNDAY ZUMBA PARTY! -Luis</p>	<p>2</p> <p>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 45--Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYJAM®--Kerry (od) 6:00 BODYPUMP®45--Kerry</p>	<p>3</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 7:00 ZUMBA!--Luis</p>	<p>4</p> <p>8:30 STEP—Laurie 9:00 POOLATES--Julie 9:00 BODYPUMP®--Angie R (od) 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 BODYPUMP®--Stephanie 7:00 ZUMBA!--Sergio</p>	<p>5</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 9:15 POOLATES--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>6</p> <p>9:00 POOLATES--Julie 9:00 BODYPUMP®—Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH 45--Julie</p>	<p>7</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio</p>
<p>8</p> <p>12:30 BODYPUMP®--Brittany 4:00 SUNDAY ZUMBA PARTY! -Luis</p>	<p>9</p> <p>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 45--Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYJAM®--Kerry (od) 6:00 BODYPUMP®45--Kerry</p>	<p>10</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</p>	<p>11</p> <p>8:30 STEP—Laurie 9:00 POOLATES--Julie 9:00 BODYPUMP®--Angie R (od) 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 BODYPUMP®--Stephanie 7:00 ZUMBA!--Sergio</p>	<p>12</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 9:15 POOLATES--Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael</p>	<p>13</p> <p>9:00 POOLATES--Julie 9:00 BODYPUMP®—Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH 45--Julie</p>	<p>14</p> <p>8:15 BASIC PILATES/YOGA FUSION--Carol 9:30 ZUMBA!--Sergio</p>
<p>15</p> <p>12:30 BODYPUMP®--Brittany</p>	<p>16</p> <p>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 45--Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYJAM®--Kerry (od) 6:00 BODYPUMP®45--Kerry</p>	<p>17</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</p>	<p>18</p> <p>8:30 STEP—Laurie 9:00 POOLATES--Julie 9:00 BODYPUMP®--Angie R (od) 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 BODYPUMP®--Stephanie 7:00 ZUMBA!--Sergio</p>	<p>19</p> <p>8:00 FLEX-ABILITY+ CORE—Julie 9:15 POOLATES--Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael</p>	<p>20</p> <p>9:00 POOLATES--Julie 9:00 BODYPUMP®--Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH 45--Julie</p>	<p>21</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio</p>
<p>22</p> <p>12:30 BODYPUMP®--Brittany</p>	<p>23</p> <p>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 45--Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYJAM®--Kerry (od) 6:00 BODYPUMP®45--Kerry</p>	<p>24</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</p>	<p>25</p> <p>Hours: 5 am - 6 pm 8:30 STEP—Laurie 9:00 POOLATES--Julie 9:00 "THIGHS BEFORE PIES" BODYPUMP®--Angie R (od) 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45—Julie 12:15 THANKFUL YOGA--Carol</p>	<p>26</p> <p>HAPPY THANKSGIVING! Closed</p>	<p>27</p> <p>Hours 7 am - 7 pm 9:00 POOLATES--Julie 10:00 AQUA B.A.S.I.C. 45--Julie 11:30 MOVEMENT & STRENGTH 45--Julie</p>	<p>28</p> <p>8:15 THANKFUL YOGA--Carol 9:30 ZUMBA!--Sergio</p>
<p>29</p>	<p>30</p> <p>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 45--Julie 12:15 LUNCHTIME YOGA--Carol 5:15 BODYJAM®--Kerry (od) 6:00 BODYPUMP®45--Kerry</p>	<p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free. Please go online or call 779-4593 to register for classes.</p>				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie (od)	4	5 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie (od)	6	7
8	9	10 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie (od)	11	12 5:30am CYCLEFIT--Rochell 12:00 CYCLING—Laurie (od)	13	14
15	16	17 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie (od)	18	19 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie (od)	20	21
22	23	24 5:30am CYCLEFIT--Rochelle 12:00 CYCLING—Laurie (od)	25 Hours: 5 am - 6 pm	26 HAPPY THANKSGIVING! Closed	27 Hours: 7 am - 7 pm	28
29	30		<p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to members. Please go online or call 779-5141 to register for classes.</p>			