

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Janelle 7:15 ZUMBA!--Sergio	2 9:00 BODYPUMP®—Rock 11:45 STEP 45--Angie A 1:00 WORLD PEACE MEDITATION/ YOGA (at 1:30)--Ken 6:15 BODYPUMP® 45 --Angie R	3 9:00 BODYCOMBAT®--Rock 10:15 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio	4 9:00 BODYPUMP®—Rock 11:45 STEP 45--Angie A 1:00 WORLD PEACE MEDITATION/ YOGA (at 1:30)--Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle	5 5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Laura	6 8:15 BODYCOMBAT®—Janelle 9:30 BODYPUMP®—Janelle
7 3:00 SUNDAY YOGA —Cris	8 5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Janelle 7:15 ZUMBA!--Sergio	9 9:00 BODYPUMP®—Rock 11:45 STEP 45--Angie A 1:00 WORLD PEACE MEDITATION/ YOGA (at 1:30)--Ken 6:15 BODYPUMP® 45 --Angie R	10 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®—Jesse 1:30 LUNCHTIME YOGA—Ken 4:15 BARRE 45--Rochelle 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio	11 9:00 BODYPUMP®—Stephanie 11:45 STEP 45--Angie A 1:00 WORLD PEACE MEDITATION/ YOGA (at 1:30)--Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle	12 5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Laura	13 8:15 BODYCOMBAT®—Janelle 9:30 BODYPUMP®—Janelle
14 3:00 BEG PILATES --Richard	15 5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Janelle 7:15 ZUMBA!--Sergio	16 9:00 BODYPUMP®—Rock 11:45 STEP 45--Angie A 1:00 WORLD PEACE MEDITATION/ YOGA (at 1:30)--Ken 6:15 BODYPUMP® 45--Angie R	17 9:00 BODYCOMBAT®--Rock 10:15 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio	18 9:00 BODYPUMP®—Rock 11:45 STEP 45--Angie A 1:00 WORLD PEACE MEDITATION/ YOGA (at 1:30)--Ken 5:15 SPRINT™ --Sean 6:00 BODYPUMP® —Janelle	19 5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Laura	20 9-10:30 TURKEY TWERKY TRIFECTA--Janelle/Kerry 30 min each: BODYJAM® BODYCOMBAT® BODYPUMP® 12:00 SPECIAL ATHLETES BODYPUMP®--Janelle
21 3:00 SUNDAY YOGA —Lucy	22 5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Janelle 7:15 ZUMBA!--Sergio	23 9:00 BODYPUMP®—Rock 11:45 STEP 45--Angie A 1:00 WORLD PEACE MEDITATION/ YOGA (at 1:30)--Ken 6:15 “Thighs Before Pies” BODYPUMP® 45--Angie R	24 CLUB HOURS: 5 am - 6 pm 9:00 BODYCOMBAT®--Rock 10:15 BODYPUMP®—Rock	25 HAPPY THANKSGIVING! Clubs Closed	26 CLUB HOURS: 7 am - 7 pm	27 8:45 BODYJAM®--Kerry 9:30 BODYPUMP®—Kerry
28 3:00 SUNDAY YOGA —Lucy	29 5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 1:30 LUNCHTIME YOGA—Ken 5:15 SPRINT™--Sean 6:00 BODYPUMP® 45—Janelle 7:15 ZUMBA!--Sergio	30 9:00 BODYPUMP®—Rock 11:45 STEP 45--Angie A 1:00 WORLD PEACE MEDITATION/ YOGA (at 1:30)--Ken 6:15 BODYPUMP® 45--Angie R	<p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to members unless marked (fee and registration) Stop by any Service Desk to register and pay fee. Outdoors (o)</p>			

NOVEMBER 2021

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12:00 CYCLING—Robb	2 5:15 RPM™ --Angie R 6:15 YIN YOGA--Cris	3 5:45am CYCLING 45--Jenn	4	5	6 8:15 RPM™-- Sean
7	8 12:00 CYCLING—Robb	9 5:15 RPM™ --Angie R 6:15 YIN YOGA--Cris	10 5:45am CYCLING 45--Jenn	11	12	13 8:15 RPM™-- Sean
14	15 12:00 CYCLING—Robb	16 5:15 RPM™--Angie R 6:15 YIN YOGA--Lucy	17 5:45am CYCLING 45--Jenn	18	19	20 8:15 “Thighs Before Pies” RPM™--Angie R
21	22 12:00 CYCLING--Robb	23 5:15 “Thighs Before Pies” RPM™--Angie R 6:15 YIN YOGA--Lucy	24 CLUB HOURS: 5 am - 6 pm 5:45 am CYCLING 45--Jenn	25 HAPPY THANKSGIVING! Clubs Closed	26 CLUB HOURS: 7 am - 7 pm	27 8:15 CYCLING--Jenn
28	29 12:00 CYCLING--Robb	30 5:15 RPM™--Angie R 6:15 YIN YOGA--Lucy	<p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to members. Outdoors (o) If a class name is followed by “fee and registration,” you will need to contact the Front Desk to register and pay a fee prior to the first day of class)</p>			

NOVEMBER 2021

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 8:30 STEP—Laurie 9:00 POOLATES—Julie 9:00 BODYPUMP® --Angie R(ss) 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®--Kerry 6:15 BODYPUMP® 45--Kerry</p>	<p>2 5:30 GRIT™ Athletic--Stephanie 8:00 FLEX-ABILITY+ CORE—Julie 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE 100's--Angie A 7:00 ZUMBA!--Sergio</p>	<p>3 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 5:30 ALL LEVELS YOGA--Cris</p>	<p>4 5:30 GRIT™ Strength--Kristi 8:00 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--Jesse</p>	<p>5 9:00 BODYPUMP®—Angie R (ss) 9:00 POOLATES--Julie 9:15 PILATES Intermediate--Richard 10:00 AQUA B.A.S.I.C.45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 GRIT™ Strength--Rachel</p>	<p>6 8:15 YOGA/PILATES FUSION --Carol 9:30 JAMBA BODYJAM®/ ZUMBA --Kerry/Sergio (ss)</p>
<p>7 1:45 SOULfusion--Angie A</p>	<p>8 8:30 STEP—Laurie 9:00 POOLATES--Julie 9:00 BODYPUMP® --Angie R(ss) 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®--Kerry 6:15 BODYPUMP® 45--Kerry</p>	<p>9 5:30 GRIT™ Athletic--Stephanie 8:00 FLEX-ABILITY+ CORE—Julie 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 7:00 ZUMBA!--Sergio</p>	<p>10 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 5:30 ALL LEVELS YOGA--Cris</p>	<p>11 5:30 GRIT™ Strength--Kristi 8:00 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--Jesse</p>	<p>12 9:00 BODYPUMP®—Angie R (ss) 9:00 POOLATES--Julie 9:15 PILATES Intermediate--Richard 10:00 AQUA B.A.S.I.C.45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 GRIT™ Strength--Rachel</p>	<p>13 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 BODYJAM®--Dayne</p>
<p>14 1:45 YOGA/PILATES FUSION --Carol</p>	<p>15 8:30 STEP—Laurie 9:00 BODYPUMP®—Angie R (ss) 10:00 BEG STEP 30—Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 5:30 BODYJAM®--Kerry 6:15 BODYPUMP® 45--Kerry</p>	<p>16 5:30 GRIT™ Athletic--Stephanie 8:00 FLEX-ABILITY+ CORE—Julie 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 7:00 ZUMBA!--Sergio</p>	<p>17 5:30 STRENGTH & STRETCH--Rochelle 8:30 STEP—Laurie 10:00 BEG STEP 30—Laurie 11:00 M & S 50—Julie 12:15 LUNCHTIME YOGA--Carol 5:30 ALL LEVELS YOGA--Cris</p>	<p>18 5:30 GRIT™ Strength--Kristi 8:00 FLEX-ABILITY+ CORE—Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:15 BODYPUMP® 45--Jesse</p>	<p>19 9:00 BODYPUMP®—Angie R (ss) 9:15 PILATES Intermediate--Richard 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 GRIT™ Strength--Rachel</p>	<p>20 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 BODYJAM®--Dayne</p>
<p>21 1:45 SOULfusion--Angie A</p>	<p>22 8:30 STEP—Laurie 9:00 POOLATES--Julie 9:00 "Thighs Before Pies" BODYPUMP®—Angie R (ss) 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®--Kerry 6:15 BODYPUMP® 45--Kerry</p>	<p>23 5:30 GRIT™ Athletic--Stephanie 8:00 FLEX-ABILITY+ CORE—Julie 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 7:00 ZUMBA!--Sergio</p>	<p>24 CLUB HOURS: 5 am - 6 pm 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</p>	<p>25 HAPPY THANKSGIVING! Clubs Closed</p>	<p>26 CLUB HOURS: 7 am - 7 pm 9:00 BODYPUMP®--Stephanie 9:00 POOLATES--Julie 9:15 PILATES Intermediate--Richard 10:00 AQUA B.A.S.I.C. 45--Julie 11:30 MOVEMENT & STRENGTH --Julie 12:45 GRIT™ Strength--Rachel</p>	<p>27 8:15 BASIC YOGA/PILATES --Stephanie 9:30 ZUMBA!--Sergio</p>
<p>28 1:45 SOULfusion--Angie A</p>	<p>29 8:30 STEP—Laurie 9:00 POOLATES--Julie 9:00 BODYPUMP®—Angie R (ss) 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®--Kerry 6:15 BODYPUMP® 45--Kerry</p>	<p>30 5:30 GRIT™ Athletic--Stephanie 8:00 FLEX-ABILITY+ CORE—Julie 9:00 POOLATES--Julie 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 7:00 ZUMBA!--Sergio</p>	<p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free. Outdoor Pool (odp), Sport Stop (ss), Outdoors (o)</p>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:45 Beginning PILATES --Richard	2 5:30am CYCLEFIT--Rochelle (o) 9:15 CYCLING—Laurie (o) 10:45 MOVE ‘n GROOVE--Carol	3 8:45 Beginning PILATES --Richard 11:00 BODYJAM® 45--Jules	4 5:30am CYCLEFIT--Rochelle (o) 9:15 CYCLING—Laurie (o) 10:45 MOVE ‘n GROOVE --Laurie	5	6
7	8 8:45 Beginning PILATES --Richard	9 5:30am CYCLEFIT--Rochelle (o) 9:15 CYCLING—Laurie (o) 10:45 MOVE ‘n GROOVE--Carol	10 8:45 Beginning PILATES --Richard 11:00 BODYJAM® 45--Jules	11 5:30am CYCLEFIT--Rochelle (o) 9:15 CYCLING—Laurie (o) 10:45 MOVE ‘n GROOVE --Laurie	12	13
14	15 8:45 Beginning PILATES --Richard	16 5:30am CYCLEFIT--Rochelle (o) 9:15 CYCLING—Laurie (o) 10:45 MOVE ‘n GROOVE--Carol	17 8:45 Beginning PILATES --Richard 11:00 BODYJAM® 45--Jules	18 5:30am CYCLEFIT--Rochelle (o) 9:15 CYCLING—Laurie (o) 10:45 MOVE ‘n GROOVE--Laurie	19	20
21	22 8:45 Beginning PILATES --Richard	23 5:30am CYCLEFIT--Rochelle (o) 9:15 CYCLING—Laurie (o) 10:45 MOVE ‘n GROOVE--Carol	24 CLUB HOURS: 5 am-6 pm 8:45 Beginning PILATES --Richard	25 HAPPY THANKSGIVING! Clubs Closed	26 CLUB HOURS: 7 am - 7 pm	27
28	29 8:45 Beginning PILATES --Richard	30 5:30am CYCLEFIT--Rochelle (o) 9:15 CYCLING—Laurie (o) 10:45 MOVE ‘n GROOVE --Carol	<p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to members. Outdoors (o)</p>			