

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 BODYPUMP®—Rock 6:15 YIN YOGA--Lucy	2 5:30 BODYPUMP®—Tommi 8:00 GrooveFit H2o--DeAnn* 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Angie A 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio	3 9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean	4 5:30am BODYPUMP® 50—Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	5 8:00 GrooveFit H2o--DeAnn* 8:15 BODYCOMBAT® —Janelle 9:30 BODYPUMP® —Janelle/Sean
6 3:00 SUNDAY YOGA—Lucy	7 5:30am BODYPUMP® 50—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean 7:15 ZUMBA!--Sergio	8 9:00 BODYPUMP®—Rock 6:15 YIN YOGA--Lucy	9 5:30 BODYPUMP®—Tommi 8:00 GrooveFit H2o--DeAnn* 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio	10 9:00 BODYPUMP®—Tommi 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean	11 5:30am BODYPUMP® 50—Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	12 8:00 GrooveFit H2o--DeAnn* 8:15 BODYCOMBAT® —Janelle 9:30 BODYPUMP® —Janelle/Sean
13 3:00 SUNDAY YOGA-- Lucy	14 5:30am BODYPUMP® 50--Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean 7:15 ZUMBA!--Sergio	15 9:00 BODYPUMP®—Rock 6:15 YIN YOGA--Lucy	16 5:30 BODYPUMP®—Tommi 8:00 GrooveFit H2o--DeAnn* 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle 7:15 ZUMBA!--Sergio	17 9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean	18 5:30am BODYPUMP® 50—Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	19 8:00 GrooveFit H2o--DeAnn* 9:00 Turkey Twerky! --Janelle/Jules
20 3:00 SUNDAY YOGA—Lucy	21 5:30am BODYPUMP® 50--Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean 7:15 ZUMBA!--Sergio	22 9:00 BODYPUMP®—Rock 6:15 YIN YOGA--Lucy	23 Club Hours 5am-6pm 5:30am BODYPUMP®-- Tommi 8:00am GrooveFit H2O-- DeAnn*	24 Happy Thanksgiving! Clubs Closed	25 Club Hours 7am-8pm 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	26 8:15 BODYCOMBAT® —Tommi 9:30 BODYPUMP® —Ely
27 3:00 SUNDAY YOGA —Lucy	28 5:30am BODYPUMP® 50—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean 7:15 ZUMBA!--Sergio	29 9:00 BODYPUMP®—Rock 6:15 YIN YOGA--Lucy	30 5:30 BODYPUMP® —Tommi 8:00 GrooveFit H2o--DeAnn* 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT® --Janelle 7:15 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 779-4593. *Class held in the West Indoor Pool</p>		

NOVEMBER 2022

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Angie R	2	3 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen	4 5:30 pm FRIDAY FULL PSYCLE --Darrin	5 8:15 RPM™--Sean/Angie R 9:30 PILATES--Richard
6	7 12:00 CYCLING--Robb 6:00 pm HIIT! - Kristina	8 6:30 RISING FLOW YOGA--Erin 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Angie R	9 1:30 LUNCHTIME YOGA--Erin	10 6:30 RISING FLOW YOGA--Erin 10:15 Pilates/Strength Fusion --Kristina 1:30 LUNCHTIME YOGA--Kristen	11 5:30 pm FRIDAY FULL PSYCLE --Darrin	12 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard
13	14 12:00 CYCLING--Robb 6:00 pm HIIT!--Kristina	15 6:30 RISING FLOW YOGA--Erin 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™-- Angie R	16 1:30 LUNCHTIME YOGA--Erin	17 6:30 RISING FLOW YOGA--Erin 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen	18 5:30 pm FRIDAY FULL PSYCLE --Darrin	19 8:15 "Thigh's Before Pies" RPM™--Angie R/Sean 9:30 PILATES--Richard
20	21 12:00 CYCLING--Robb 6:00 pm HIIT!--Kristina	22 6:30 RISING FLOW YOGA--Erin 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™--Angie R	23 Club Hours 5am-6pm 1:30 LUNCHTIME YOGA--Erin	24 Happy Thanksgiving! Clubs Closed	25 Club Hours 7am-8pm 5:30 pm FRIDAY FULL PSYCLE --Darrin	26 8:15 RPM™--Angie R 9:30 PILATES--Richard
27	28 12:00 CYCLING--Robb 6:00 pm HIIT!--Kristina	29 6:30 RISING FLOW YOGA--Erin 9:00 PILATES--Richard 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Angie R	30 1:30 LUNCHTIME YOGA--Erin	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.		

NOVEMBER 2022

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		15:30 GRIT™ Cardio--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 6:00 BODYPUMP® 45--Ely 7:00 Zumba!--Sergio	2 8:30 STEP—Laurie 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 4:45 GRIT™ Strength--Rachel	3 5:30 GRIT™ Strength--Stephanie 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 6:00 BODYPUMP® 45--Ely	4 9:00 BODYPUMP®--Angie R 10:00 AQUA B.A.S.I.C.45--DeAnn 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie	5 8:15 UNWIND YOGA--Erin 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie	
6 2:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio	7 8:30 STEP—Laurie 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 4:45 GRIT™ Cardio--Rachel 5:30 BODYJAM® 30--Dayne 6:00 STEP & STRENGTH--Dayne	8 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 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Sergio	9 8:30 STEP—Laurie 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 4:45 GRIT™ Strength--Rachel	10 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 6:00 BODYPUMP® 45--Ely	11 9:00 BODYPUMP®--Angie R 10:00 AQUA B.A.S.I.C.45--DeAnn 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie	12 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie	
13 2:45 Yoga/Pilates Fusion--Carol 4:00 ZUMBA!--Sergio	14 8:30 STEP—Laurie 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 4:45 GRIT™ Cardio--Rachel 5:30 BODYJAM® 30--Dayne 6:00 STEP & STRENGTH--Dayne	15 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 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Sergio	16 8:30 STEP—Laurie 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 4:45 GRIT™ Strength--Rachel	17 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 6:00 BODYPUMP® 45--Ely	18 9:00 Thighs Before Pies! Bodypump-Angie R 10:00 AQUA B.A.S.I.C. 45--DeAnn 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie	19 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie	
20 2:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio	21 8:30 STEP—Laurie 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 4:45 GRIT™ Cardio--Rachel 5:30 BODYJAM® 30--Dayne 6:00 STEP & STRENGTH--Dayne	22 5:30 GRIT™ Cardio --Stephanie 7:45 FLEX-ABILITY+CORE—Julie 9:00 POOLATES--Julie 9:00 Thigh's Before Pies! BODYPUMP®--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Sergio	23 Club Hours: 5am-6pm 10:00 AQUA B.A.S.I.C. 45--Julie 11:00 M & S 50—Julie 12:15 THANKFUL YOGA--Carol	24 Happy Thanksgiving! Clubs Closed	25 Club Hours: 7am-8pm 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie	26 8:15 GRATITUDE YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie	
27 2:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio	28 8:30 STEP—Laurie 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 4:45 GRIT™ Cardio--Rachel 5:30 BODYJAM® 30--Dayne 6:00 STEP & STRENGTH--Dayne	29 5:30 GRIT™ Cardio--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 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Sergio	30 8:30 Step—Laurie 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 4:45 GRIT™ Strength--Rachel	<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 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	2 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules	3 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie	4 9:00 TRX FULL BODY TRAINING --Robb 10:15 Move N’ Groove--Carol 12:00 PILATES--Richard	5
6	7 8:45 PILATES--Richard	8 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	9 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules	10 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie	11 9:00 TRX FULL BODY TRAINING --Robb 10:15 ZUMBA!--Kate 12:00 PILATES--Richard	12
13	14 8:45 PILATES--Richard	15 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	16 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules	17 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	18 9:00 TRX FULL BODY TRAINING --Robb 10:15 ZUMBA!--Kate 12:00 PILATES--Richard	19
20	21 8:45 PILATES--Richard	22 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	23 Club Hours 5am-6pm 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules	24 Happy Thanksgiving! Clubs Closed	25 Club Hours 7am-8pm	26
27	28 8:45 PILATES--Richard	29 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	30 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules	<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>		