

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Group Fitness schedule also available at flagstaffathleticclub.com</p> <p>All group fitness classes are free to members. Please go online or call 779-4593 to register for all classes!</p>				<p>1</p> <p>9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA —Lucy (od) 4:30 DECKED OUT BARRE —Angie A (od) 6:00 BODYPUMP®45—Janelle</p>	<p>2</p> <p>5:45am BODYPUMP®—Brittany 12:00 STRENGTH & STRETCH —Kelly (od) 4:30 ZUMBA!—Sergio (od)</p>	<p>3</p> <p>8:15 BODYCOMBAT®—Vicky (od) 9:30 BODYPUMP®—Janelle</p>
<p>4</p> <p>3:00 SUNDAY YOGA —Lucy (od)</p>	<p>5</p> <p>9:00 BODYCOMBAT®—Vicky (od) 10:30 BODYPUMP®—Kerry 12:00 DECKED OUT BARRE —Angie A (od) 1:30 LUNCHTIME YOGA—Ken 6:00 BODYPUMP®45—Janelle</p>	<p>6</p> <p>9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA—Ken 4:30 DECKED OUT BARRE —Angie A (od)</p>	<p>7</p> <p>10:30 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:45 BODYCOMBAT®—Janelle (od) 7:00 BARRE/PILATES FUSION —Kristina</p>	<p>8</p> <p>9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA —Lucy (od) 4:30 DECKED OUT BARRE —Angie A (od) 6:00 BODYPUMP®45—Janelle</p>	<p>9</p> <p>5:45am BODYPUMP®—Brittany 4:30 ZUMBA!—Sergio (od)</p>	<p>10</p> <p>8:15 BODYCOMBAT®—Janelle (od) 9:30 BODYPUMP®—Janelle</p>
<p>11</p>	<p>12</p> <p>9:00 BODYCOMBAT®—Vicky (od) 10:30 BODYPUMP®—Kerry 12:00 DECKED OUT BARRE —Angie A (od) 1:30 LUNCHTIME YOGA—Ken 6:00 BODYPUMP®45—Janelle</p>	<p>13</p> <p>9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA—Ken 4:30 DECKED OUT BARRE —Angie A (od)</p>	<p>14</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA—Ken 5:30 BODYCOMBAT®—Janelle (od) 6:45 BARRE/PILATES FUSION —Kristina</p>	<p>15</p> <p>9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA —Lucy (od) 4:30 DECKED OUT BARRE —Angie A (od) 6:00 BODYPUMP®45—Janelle</p>	<p>16</p> <p>5:45am BODYPUMP®—Brittany 12:00 STRENGTH & STRETCH —Kelly (od) 4:30 ZUMBA!—Sergio (od)</p>	<p>17</p> <p>8:15 BODYCOMBAT®—Vicky (od) 9:30 BODYPUMP®—Janelle</p>
<p>18</p>	<p>19</p> <p>9:00 BODYCOMBAT®—Vicky (od) 12:00 DECKED OUT BARRE —Angie A (od) 1:30 LUNCHTIME YOGA—Ken 6:00 BODYPUMP®45—Janelle</p>	<p>20</p> <p>9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA—Ken 4:30 DECKED OUT BARRE —Angie A (od)</p>	<p>21</p> <p>9:00 BODYPUMP®—Rock 12:00 STRENGTH & STRETCH —Kelly (od) 1:30 LUNCHTIME YOGA—Ken 5:30 BODYCOMBAT®—Janelle (od) 6:45 BIRTHDAY BARRE/PILATES —Kristina</p>	<p>22</p> <p>9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA —Lucy (od) 4:30 DECKED OUT BARRE —Angie A (od) 6:00 BODYPUMP®45—Janelle</p>	<p>23</p> <p>5:45am BODYPUMP®—Brittany 4:30 ZUMBA!—Sergio (od)</p>	<p>24</p> <p>8:15 BODYCOMBAT®—Janelle (od) 9:30 BODYPUMP®—Janelle</p>
<p>25</p> <p>3:00 SUNDAY YOGA —Lucy (od)</p>	<p>26</p> <p>9:00 BODYCOMBAT®—Vicky (od) 12:00 DECKED OUT BARRE —Angie A (od) 1:30 LUNCHTIME YOGA—Ken 6:00 BODYPUMP®45—Janelle</p>	<p>27</p> <p>9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA—Ken 4:30 DECKED OUT BARRE —Angie A (od)</p>	<p>28</p> <p>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</p>	<p>29</p> <p>9:00 BODYPUMP®—Rock 12:15 LUNCHTIME YOGA —Lucy (od) 4:30 DECKED OUT BARRE —Angie A (od) 6:00 BODYPUMP®45—Janelle</p>	<p>30</p> <p>5:45am BODYPUMP®—Brittany 4:30 ZUMBA!—Sergio (od)</p>	<p>31</p> <p>Halloween Trick or Treat Day: 8:15 BODYCOMBAT®—Vicky (od) 9:30 BODYPUMP®—Janelle</p>

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<p>4</p>	<p>5 12:00 HRT CYCLING--Robb 5:15 SPRINT™ --Sean (od)</p>	<p>6 10:15 SPRINT™—Rock 5:15 RPM™60--Angie R (od) 7:00 YIN YOGA--Marilyn</p>	<p>7 5:45-7pm SWEAT YOGA/WORLD PEACE MEDITATION--Ken</p>	<p>8 10:15 SPRINT™--Rock 5:15 SPRINT™ --Sean (od)</p>	<p>9 10:15 POWER FLOW YOGA —Anni</p>	<p>10 8:15 RPM™60--Angie R (od)</p>
<p>11</p>	<p>12 12:00 HRT CYCLING--Robb 5:15 SPRINT™ --Sean (od)</p>	<p>13 10:15 SPRINT™—Rock 5:15 RPM™60--Angie R (od) 7:00 YIN YOGA--Marilyn</p>	<p>14 5:45-7pm SWEAT YOGA/WORLD PEACE MEDITATION--Ken</p>	<p>15 10:15 SPRINT™--Rock 5:15 SPRINT™ --Sean (od)</p>	<p>16</p>	<p>17 8:15 RPM™60--Sean (od)</p>
<p>18</p>	<p>19 12:00 HRT CYCLING--Robb 5:15 SPRINT™ --Sean (od)</p>	<p>20 10:15 SPRINT™—Rock 5:15 RPM™60--Angie R (od) 7:00 YIN YOGA--Marilyn</p>	<p>21 5:45-7pm SWEAT YOGA/WORLD PEACE MEDITATION--Ken</p>	<p>22 10:15 SPRINT™--Rock 5:15 SPRINT™ --Sean (od)</p>	<p>23 10:15 POWER FLOW YOGA —Anni</p>	<p>24 8:15 RPM™60--Angie R (od)</p>
<p>25</p>	<p>26 12:00 HRT CYCLING—Robb 5:15 SPRINT™—Sean (od)</p>	<p>27 10:15 SPRINT™—Rock 5:15 RPM™60--Angie R (od) 7:00 YIN YOGA--Marilyn</p>	<p>28 5:45-7 SWEAT YOGA/WORLD PEACE MEDITATION--Ken</p>	<p>29 10:15 SPRINT™--Rock 5:15 SPRINT™ --Sean (od)</p>	<p>30 10:15 POWER FLOW YOGA —Anni</p>	<p>31 8:15 RPM™60--Sean (od)</p>

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<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>				<p>1 8:00 FLEX-ABILITY+ CORE—Julie 9:15 MOVEMENT & STRENGTH--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>2 9:00 POOLATES--Julie (odp) 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>3 9:30 ZUMBA!--Sergio (od)</p>
<p>4 12:30 BODYPUMP®--Brittany 4:00 SUNDAY ZUMBA PARTY! -Luis</p>	<p>5 8:30 STEP—Laurie 9:00 POOLATES--Julie (odp) 10:00 AQUA B.A.S.I.C. 45--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 45--Julie 5:15 BODYJAM®--Kerry (od)</p>	<p>6 8:00 FLEX-ABILITY+ CORE—Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>7 8:30 STEP—Laurie 9:00 POOLATES--Julie (odp) 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 5:15 BODYPUMP®--Stephanie</p>	<p>8 8:00 FLEX-ABILITY+ CORE—Julie 9:15 MOVEMENT & STRENGTH--Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>9 9:00 POOLATES--Julie (odp) 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>10 9:30 ZUMBA!--Sergio (od)</p>
<p>11 12:30 BODYPUMP®--Brittany 4:00 SUNDAY ZUMBA PARTY! -Luis</p>	<p>12 8:30 STEP—Laurie 9:00 POOLATES--Julie (odp) 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>13 8:00 FLEX-ABILITY+ CORE—Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>14 8:30 STEP—Laurie 9:00 POOLATES--Julie (odp) 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</p>	<p>15 8:00 FLEX-ABILITY+ CORE—Julie 9:15 MOVEMENT & STRENGTH--Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>16 9:00 POOLATES--Julie (odp) 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>17 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio (od)</p>
<p>18 4:00 SUNDAY ZUMBA PARTY! -Luis</p>	<p>19 8:30 STEP—Laurie 9:00 POOLATES--Julie (odp) 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>20 8:00 FLEX-ABILITY+ CORE—Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>21 8:30 STEP—Laurie 9:00 POOLATES--Julie (odp) 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</p>	<p>22 8:00 FLEX-ABILITY+ CORE—Julie 9:15 MOVEMENT & STRENGTH--Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>23 9:00 POOLATES--Julie (odp) 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>24 9:30 ZUMBA!--Sergio (od)</p>
<p>25 12:30 BODYPUMP®--Brittany 4:00 SUNDAY ZUMBA PARTY! --Luis</p>	<p>26 8:30 STEP—Laurie 9:00 POOLATES--Julie (odp) 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>27 8:00 FLEX-ABILITY+ CORE—Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>28 8:30 STEP—Laurie 9:00 POOLATES--Julie (odp) 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</p>	<p>29 8:00 FLEX-ABILITY+ CORE—Julie 9:15 MOVEMENT & STRENGTH--Julie 10:45 SilverSneakers® CLASSIC—Julie 12:15 LUNCHTIME YOGA--Michael 7:00 ZUMBA!--Luis</p>	<p>30 9:00 POOLATES--Julie (odp) 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>31 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio (od)</p>

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<p style="text-align: center;"> 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>				<p style="text-align: center;"> 1 5:30am CYCLEFIT--Rochelle 9:30 CYCLING—Laurie (od) </p>	<p style="text-align: center;">2</p>	<p style="text-align: center;">3</p>
<p style="text-align: center;">4</p>	<p style="text-align: center;">5</p>	<p style="text-align: center;">6 5:30am CYCLEFIT--Rochelle 9:30 CYCLING—Laurie (od) </p>	<p style="text-align: center;">7</p>	<p style="text-align: center;">8 5:30am CYCLEFIT--Rochell 9:30 CYCLING—Laurie (od) </p>	<p style="text-align: center;">9</p>	<p style="text-align: center;">10</p>
<p style="text-align: center;">11</p>	<p style="text-align: center;">12</p>	<p style="text-align: center;">13 5:30am CYCLEFIT--Rochelle 9:30 CYCLING—Laurie (od) </p>	<p style="text-align: center;">14</p>	<p style="text-align: center;">15 5:30am CYCLEFIT--Rochelle 9:30 CYCLING—Laurie (od) </p>	<p style="text-align: center;">16</p>	<p style="text-align: center;">17</p>
<p style="text-align: center;">18</p>	<p style="text-align: center;">19</p>	<p style="text-align: center;">20 5:30am CYCLEFIT--Rochelle 9:30 CYCLING—Laurie (od) </p>	<p style="text-align: center;">21</p>	<p style="text-align: center;">22 5:30am CYCLEFIT--Rochell 9:30 CYCLING—Laurie (od) </p>	<p style="text-align: center;">23</p>	<p style="text-align: center;">24</p>
<p style="text-align: center;">25</p>	<p style="text-align: center;">26</p>	<p style="text-align: center;">27 5:30am CYCLEFIT--Rochelle 9:30 CYCLING—Laurie (od) </p>	<p style="text-align: center;">28</p>	<p style="text-align: center;">29 5:30am CYCLEFIT--Rochelle 9:30 CYCLING—Laurie (od) </p>	<p style="text-align: center;">30</p>	<p style="text-align: center;">31</p>