

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 unless marked (fee) Stop by any Service Desk to register and pay fee or call 779-4593.</p>						<p>1.</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean</p>
<p>2</p> <p>3:00 SUNDAY YOGA—Lucy</p>	<p>3</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean 7:15 ZUMBA!--Sergio</p>	<p>4</p> <p>9:00 BODYPUMP®—Rock 6:15 YIN YOGA--Lucy</p>	<p>5</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 —Kristina 5:30 BODYCOMBAT®--Janelle/Vicky 7:15 ZUMBA!--Sergio</p>	<p>6</p> <p>9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p>7</p> <p>5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Tommi</p>	<p>8</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean</p>
<p>9</p> <p>3:00 SUNDAY YOGA-- Lucy</p>	<p>10</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean 7:15 ZUMBA!--Sergio</p>	<p>11</p> <p>9:00 BODYPUMP®—Rock 6:15 YIN YOGA--Lucy</p>	<p>12</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 —Kristina 5:30 BODYCOMBAT®--Janelle/Vicky 7:15 ZUMBA!--Sergio</p>	<p>13</p> <p>9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p>14</p> <p>5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Vicky</p>	<p>15</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean</p>
<p>16</p> <p>3:00 SUNDAY YOGA—Lucy</p>	<p>17</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean 7:15 ZUMBA!--Sergio</p>	<p>18</p> <p>9:00 BODYPUMP®—Rock 6:15 YIN YOGA--Lucy</p>	<p>19</p> <p>5:30am BODYPUMP®--Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 —Kristina 5:30 BODYCOMBAT®--Janelle/Vicky 7:15 ZUMBA!--Sergio</p>	<p>20</p> <p>9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p>21</p> <p>5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Tommi</p>	<p>22</p> <p>8:15 BODYCOMBAT® LAUNCH — Janelle/Vicky/Tommi 9:30 BODYPUMP® LAUNCH —Janelle/Sean/Tommi/Angie R</p>
<p>23/30</p> <p>3:00 SUNDAY YOGA —Lucy</p>	<p>24/31</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean 7:15 ZUMBA!--Sergio</p>	<p>25</p> <p>9:00 BODYPUMP®—Rock 6:15 YIN YOGA--Lucy</p>	<p>26</p> <p>5:30am BODYPUMP® LAUNCH —Tommi/Angie R 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 —Kristina 5:30 BODYCOMBAT® --Janelle/Vicky 7:15 ZUMBA!--Sergio</p>	<p>27</p> <p>9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p>28</p> <p>5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Tommi</p>	<p>29</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean</p>

OCTOBER 2022

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">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>						<p>1 8:15 RPM™--Sean/Angie R 9:30 PILATES--Richard</p>
2	<p>3 12:00 CYCLING--Robb 6:00 pm HIIT! - Kristina</p>	<p>4 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Angie R</p>	5	<p>6 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen</p>	<p>7 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>8 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard</p>
9	<p>10 12:00 CYCLING--Robb 6:00 pm HIIT!--Rochelle</p>	<p>11 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™-- Angie R</p>	12	<p>13 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen</p>	<p>14 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>15 8:15 RPM™--Sean/Angie R 9:30 PILATES--Richard</p>
16	<p>17 12:00 CYCLING--Robb 6:00 pm HIIT!--Kristina</p>	<p>18 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™--Angie R</p>	19	<p>20 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen</p>	<p>21 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>22 8:15 RPM™ LAUNCH --Angie R/Sean/Darrin 9:30 PILATES--Richard</p>
23/30	<p>24/31 12:00 CYCLING--Robb 6:00 pm HIIT!--Kristina</p>	<p>25 9:00 TRX/PILATES CIRCUIT TRAINING--Richard 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Angie R</p>	26	<p>27 10:15 ROCKOUT with TRX--Rock 1:30 LUNCHTIME YOGA--Kristen</p>	<p>28 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>29 8:15 RPM™--Sean/Angie R 9:30 PILATES--Richard</p>

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<p>2</p> <p>2:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio</p>	<p>3</p> <p>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 6:15 STEP & SCULPT--Dayne</p>	<p>4</p> <p>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 100's--Angie A 7:00 ZUMBA!--Sergio</p>	<p>5</p> <p>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 5:30 ALL LEVELS YOGA--Carol</p>	<p>6</p> <p>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 & SOLE TRAINING--Angie A 6:15 BODYPUMP® 45--Ely</p>	<p>7</p> <p>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</p>	<p>8</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie</p>
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<p>16</p> <p>2:45 BARRE/PILATES FUSION --Kristina 4:00 ZUMBA!--Sergio</p>	<p>17</p> <p>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 6:15 STEP & SCULPT--Dayne</p>	<p>18</p> <p>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>	<p>19</p> <p>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 5:30 ALL LEVELS YOGA--Michael</p>	<p>20</p> <p>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--Ely</p>	<p>21</p> <p>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</p>	<p>22</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>23/30</p> <p>2:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio</p>	<p>24/31</p> <p>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 6:15 STEP & SCULPT--Dayne *LAUNCH Sept 24th w/Jules and Laurie</p>	<p>25</p> <p>5:30 GRIT™ Cardio--Stephanie 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 9:00 BODYPUMP® LAUNCH --Angie R/Tommi 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 7:00 ZUMBA!--Sergio</p>	<p>26</p> <p>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 5:30 ALL LEVELS YOGA--Michael</p>	<p>27</p> <p>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 LAUNCH --Ely/Angie R</p>	<p>28</p> <p>9:00 BODYPUMP® LAUNCH --Angie R/Ely 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</p>	<p>29</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie</p>

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2	3 8:45 PILATES--Richard	4 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	5 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules	6 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie	7 9:00 TRX FULL BODY TRAINING --Robb 10:15 ZUMBA!--Kate 12:00 PILATES--Richard	8
9	10 8:45 PILATES--Richard	11 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	12 8:45 PILATES--Richard 11:00 BODYJAM® 45--Laurie	13 5:30am RPM-- Angie R 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	14 9:00 TRX FULL BODY TRAINING --Robb 10:15 ZUMBA!--Kate 12:00 PILATES--Richard	15
16	17 8:45 PILATES--Richard	18 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	19 8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules	20 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	21 9:00 TRX FULL BODY TRAINING --Robb 10:15 ZUMBA!--Kate 12:00 PILATES--Richard	22
23/30	24/31 8:45 PILATES--Richard	25 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	26 8:45 PILATES--Richard 11:00 BODYJAM® 45 LAUNCH --Jules/Laurie	27 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	28 9:00 TRX FULL BODY TRAINING --Robb 10:15 ZUMBA!--Kate 12:00 PILATES--Richard	29