



OCTOBER 2021

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Group Fitness schedule also available at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a></b>                      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>					<p><b>1</b> 4:30 SPRINT™ --Sean</p>	<p><b>2</b> 8:15 RPM™-- Sean</p>
<p><b>3</b></p>	<p><b>4</b> 12:00 CYCLING—Robb</p>	<p><b>5</b> 5:15 RPM™ P!NK WEEK --Angie R 6:15 YIN YOGA--Lucy</p>	<p><b>6</b> 5:45am CYCLING 45--Jenn</p>	<p><b>7</b> 6:15 YIN/YANG YOGA--Cris</p>	<p><b>8</b> 4:30 SPRINT™ --Sean</p>	<p><b>9</b> 8:15 RPM™-- Angie R</p>
<p><b>10</b></p>	<p><b>11</b> 12:00 CYCLING—Robb</p>	<p><b>12</b> 5:15 RPM™--Angie R 6:15 YIN YOGA--Lucy</p>	<p><b>13</b> 5:45am CYCLING 45--Jenn</p>	<p><b>14</b> 6:15 YIN/YANG YOGA--Carol</p>	<p><b>15</b> 4:30 SPRINT™ --Sean</p>	<p><b>16</b> 8:15 RPM™--Angie R</p>
<p><b>17</b></p>	<p><b>18</b> 12:00 CYCLING--Robb</p>	<p><b>19</b> 5:15 RPM™--Angie R 6:15 YIN YOGA--Lucy</p>	<p><b>20</b> 5:45 am RPM™--Angie R</p>	<p><b>21</b> 6:15 YIN/YANG YOGA--Cris</p>	<p><b>22</b> 4:30 SPRINT™ --Sean</p>	<p><b>23</b> GO EAST FOR LES MILLS LAUNCH: 8:15 BODYCOMBAT® 9:00 BODYJAM® 9:45 GRIT™ 10:30 BODYPUMP® 11:15 RPM™ 12:00 SPRINT™</p>
<p><b>24/31</b></p>	<p><b>25</b> 12:00 CYCLING--Robb</p>	<p><b>26</b> 5:15 RPM™--Angie R 6:15 YIN YOGA--Lucy</p>	<p><b>27</b> 5:45 am RPM™--Angie R</p>	<p><b>28</b> 6:15 YIN/YANG YOGA--Cris</p>	<p><b>29</b> 4:30 SPRINT™ --Sean</p>	<p><b>30</b> 8:15 RPM™--Sean</p>

OCTOBER 2021

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Group Fitness schedule also available at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a></b>                      All group fitness classes are free.                      Outdoor Pool (odp), Sport Stop (ss), Outdoors (o)</p>						
					1	2
					9:00 BODYPUMP®—Angie R (ss) 9:00 POOLATES--Julie (odp) 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie	8:15 YOGA/PILATES FUSION --Stephanie 9:30 ZUMBA!--Sergio 10:45 BODYJAM®--Dayne
3	4	5	6	7	8	9
1:45 SOULfusion--Angie A	8:30 STEP—Laurie 9:00 POOLATES--Julie (odp) 9:00 BODYPUMP® P!NK--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--Ken 5:15 GRIT™ Cardio--Kristi 5:30 BODYJAM®--Kerry (ss) 6:15 BODYPUMP® 45--Kerry (ss)	5:30 GRIT™ Athletic--Stephanie 8:00 FLEX-ABILITY+ CORE—Julie 9:00 POOLATES--Julie (odp) 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE 100's--Angie A 7:00 ZUMBA!--Sergio	5:30 STRENGTH & STRETCH--Rochelle 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 50—Julie 12:15 LUNCHTIME YOGA--Ken 5:15 GRIT™ Cardio--Rachel 6:00 STEP 45--Dayne	5:30 GRIT™ Strength--Kristi 8:00 FLEX-ABILITY+ CORE—Julie 9:00 POOLATES--Julie (odp) 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION & SOLE TRAINING--Angie A 6:15 BODYPUMP® 45--Jesse	9:00 BODYPUMP® P!NK WEEK —Angie R (ss) 9:00 POOLATES--Julie (odp) 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie	8:15 BEG PILATES--Richard 9:30 ZUMBA!--Sergio 10:45 BODYJAM®--Dayne
10	11	12	13	14	15	16
1:45 SOULfusion--Angie A	8:30 STEP—Laurie 9:00 POOLATES--Julie (odp) 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--Ken 5:15 GRIT™ Cardio--Kristi 5:30 BODYJAM®--Kerry (ss) 6:15 BODYPUMP® 45--Kerry (ss)	5:30 GRIT™ Athletic--Stephanie 8:00 FLEX-ABILITY+ CORE—Julie 9:00 POOLATES--Julie (odp) 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 7:00 ZUMBA!--Sergio	5:30 STRENGTH & STRETCH--Stephanie 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 50—Julie 12:15 LUNCHTIME YOGA--Carol 5:15 GRIT™ Cardio--Rachel 6:00 STEP 45--Dayne	5:30 GRIT™ Strength--Stephanie 8:00 FLEX-ABILITY+ CORE—Julie 9:00 POOLATES--Julie (odp) 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:15 BODYPUMP® 45--Jesse	9:00 BODYPUMP®—Angie R (ss) 9:00 POOLATES--Julie (odp) 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie	8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 BODYJAM®--Laura
17	18	19	20	21	22	23
1:45 SOULfusion--Angie A	8:30 STEP—Laurie 9:00 POOLATES--Julie (odp) 9:00 BODYPUMP®—Angie R (ss) 10:00 AQUA B.A.S.I.C. 45--Julie (odp) 10:00 BEG STEP 30—Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 5:15 GRIT™ Cardio--Kristi 5:30 BODYJAM®--Kerry (ss) 6:15 BODYPUMP® 45--Kerry (ss)	5:30 GRIT™ Athletic--Stephanie 8:00 FLEX-ABILITY+ CORE—Julie 9:00 POOLATES--Julie (odp) 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 7:00 ZUMBA!--Sergio	5:30 STRENGTH & STRETCH--Rochelle 8:30 STEP—Laurie 9:00 POOLATES--Julie (odp) 10:00 AQUA B.A.S.I.C. 45--Julie (odp) 10:00 BEG STEP 30—Laurie 11:00 M & S 50—Julie 12:15 LUNCHTIME YOGA--Carol 5:15 GRIT™ Cardio--Rachel 6:00 STEP 45--Dayne	5:30 GRIT™ Strength --Kristi 8:00 FLEX-ABILITY+ CORE—Julie 9:00 POOLATES--Julie (odp) 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:15 BODYPUMP® 45--Jesse	9:00 BODYPUMP®—Angie R (ss) 9:00 POOLATES--Julie (odp) 10:00 AQUA B.A.S.I.C. 45--Julie (odp) 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie	8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio 8:15 BODYCOMBAT® (gym) 9:00 BODYJAM® (gym) 9:45 GRIT™ (gym) 10:30 BODYPUMP® (gym) 11:15 RPM™ (odp) 12:00 SPRINT™ (odp)
24/31	25	26	27	28	29	30
1:45 SOULfusion--Angie A	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 5:15 GRIT™ Cardio--Kristi 5:30 BODYJAM®--Kerry (ss) 6:15 BODYPUMP® 45--Kerry (ss)	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	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 5:15 GRIT™ Cardio--Rachel 6:00 STEP 45--Dayne	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 BODYPUMPkin® 45--Jesse	9:00 BODYPUMPkin—Angie R/Jesse (ss) 9:00 POOLATES--Julie (odp) 10:00 AQUA B.A.S.I.C. 45--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie	8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 STEP EXTRAVAGANZA --Laurie, Dayne, Carol

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<p>Group Fitness schedule also available at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>                      All group fitness classes are free to members.                      Outdoors (o)</p>					1	2
3	4 9:00 BEG PILATES--Richard	5 5:30am CYCLEFIT--Rochelle (o) 9:15 CYCLING—Laurie (o) 10:45 MOVE ‘n GROOVE--Laurie	6 9:00 BEG PILATES--Richard 11:00 BODYJAM® 45--Jules 5:30 ALL LEVELS YOGA--Cris	7 5:30am CYCLEFIT--Rochelle (o) 9:15 CYCLING—Laurie (o) 10:45 MOVE ‘n GROOVE --Laurie	8	9
10	11 9:00 BEG PILATES--Richard	12 5:30am CYCLEFIT--Rochelle (o) 9:15 CYCLING—Laurie (o) 10:45 MOVE ‘n GROOVE--Laurie	13 9:00 BEG PILATES--Richard 11:00 BODYJAM® 45--Jules 5:30 ALL LEVELS YOGA--Lucy	14 5:30am RPM®--Angie R (o) 9:15 CYCLING—Laurie (o) 10:45 MOVE ‘n GROOVE--Laurie	15	16
17	18 9:00 BEG PILATES--Richard	19 5:30am CYCLEFIT--Rochelle (o) 9:15 CYCLING—Laurie (o) 10:45 MOVE ‘n GROOVE--Carol	20 9:00 BEG PILATES--Richard 11:00 BODYJAM® 45--Jules 5:30 ALL LEVELS YOGA--Cris	21 5:30am CYCLEFIT--Rochelle (o) 9:15 CYCLING—Laurie (o) 10:45 MOVE ‘n GROOVE--Laurie	22	23
24/31	25 9:00 BEG PILATES--Richard	26 5:30am CYCLEFIT--Rochelle (o) 9:15 CYCLING—Laurie (o) 10:45 MOVE ‘n GROOVE --Carol	27 9:00 BEG PILATES--Richard 11:00 BODYJAM® 45--Jules 5:30 ALL LEVELS YOGA--Cris	28 5:30am CYCLEFIT--Rochelle (o) 9:15 CYCLING—Laurie (o) 10:45 MOVE ‘n GROOVE--Laurie	29	30