

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">Group Fitness schedule also available at flagstaffathleticclub.com</p> <p style="text-align: center;">All group fitness classes are free to members unless marked (fee)</p> <p style="text-align: center;">Schedule published on 8/28/23. Check the app or call any Service Desk at 779-4593 for most up to date information.</p>					<p>1</p> <p>5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely 1:30 LUNCHTIME YOGA--Erin</p>	<p>2</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan</p>
<p>3</p> <p>3:00 SUNDAY YOGA—Shelbi</p>	<p>4</p> <p>7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 12:00 ZUMBA!--Mickella 1:30 LUNCHTIME YOGA--Jan 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean</p>	<p>5</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan</p>	<p>6</p> <p>5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA--Kate 1:30 LUNCHTIME YOGA--Erin 4:15 BARRE/PILATES FUSION 45 —Kristina 5:30 BODYCOMBAT®--Janelle</p>	<p>7</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p>8</p> <p>5:30am BODYPUMP® - Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely 1:30 LUNCHTIME YOGA--Erin</p>	<p>9</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan</p>
<p>10</p> <p>3:00 SUNDAY YOGA-- Shelbi</p>	<p>11</p> <p>5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Sean/Janelle 6:00 BODYPUMP® 45--Sean/Janelle</p>	<p>12</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan</p>	<p>13</p> <p>5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 1:30 LUNCHTIME YOGA--Jan 4:15 BARRE FUSION 45 --Mickella 5:30 BODYCOMBAT®--Janelle</p>	<p>14</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle</p>	<p>15</p> <p>5:30am BODYPUMP® --Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely 1:30 LUNCHTIME YOGA--Jan</p>	<p>16</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Sean/Janelle 11:00 SILVER FITNESS- Jan</p>
<p>17</p> <p>3:00 SUNDAY YOGA—Shelbi</p>	<p>18</p> <p>5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 1:30 LUNCHTIME YOGA--Erin 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean</p>	<p>19</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan</p>	<p>20</p> <p>5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 1:30 LUNCHTIME YOGA--Erin 4:15 BARRE FUSION 45-- Angie A 5:30 BODYCOMBAT®--Janelle</p>	<p>21</p> <p>9:00 BODYPUMP®—Ely 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p>22</p> <p>5:30am BODYPUMP® -Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely 1:30 LUNCHTIME YOGA--Erin</p>	<p>23</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan</p>
<p>24</p> <p>3:00 SUNDAY YOGA—Shelbi</p>	<p>25</p> <p>5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Carol 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP® --Tommi 1:30 LUNCHTIME YOGA--Erin 5:15 SPRINT™--Sean/Janelle 6:00 BODYPUMP® 45--Sean/Janelle</p>	<p>26</p> <p>9:00 BODYPUMP® —Rock</p>	<p>27</p> <p>5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Carol 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 1:30 LUNCHTIME YOGA--Erin 4:15 BARRE FUSION 45-- Angie A 5:30 BODYCOMBAT®--Janelle</p>	<p>28</p> <p>9:00 BODYPUMP®—Rock 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p>29</p> <p>5:30am BODYPUMP® -Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely 1:30 LUNCHTIME YOGA--Erin</p>	<p>30</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean</p>

SEPTEMBER 2023

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

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)</p> <p>Schedule published on 8/28/23. Check the app or call any Service Desk at 779-4593 for most up to date information.</p>					<p>1</p> <p>9:00 YIN YOGA--Jan 5:30 pm RPM--Angie R</p>	<p>2</p> <p>8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard</p>
3	<p>4</p> <p>9:00 WISDOM YOGA--Wendy</p>	<p>5</p> <p>6:00 PILATES--Richard 9:00 PILATES FUSION--Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Angie 6:15 VINYASA FLOW-Jacqui</p>	<p>6</p> <p>9:00 WISDOM YOGA--Wendy 6:00 ZUMBA--Mickella</p>	<p>7</p> <p>6:00 PILATES--Richard 9:00 TRX-- Emilia 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kristen</p>	<p>8</p> <p>9:00 YIN YOGA--Jan 5:30 pm RPM --Angie R</p>	<p>9</p> <p>8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard</p>
10	<p>11</p> <p>9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb</p>	<p>12</p> <p>6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™-- Angie R 6:15 VINYASA FLOW-Jacqui</p>	<p>13</p> <p>9:00 WISDOM YOGA--Wendy 6:00 ZUMBA--Mickella</p>	<p>14</p> <p>6:00 PILATES--Richard 9:00 TRX-- Emilia 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kristen</p>	<p>15</p> <p>9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>16</p> <p>8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard</p>
17	<p>18</p> <p>9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb</p>	<p>19</p> <p>6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™--Angie R 6:15 VINYASA FLOW-- Jacqui</p>	<p>20</p> <p>9:00 WISDOM YOGA--Wendy 6:00 ZUMBA--Mickella</p>	<p>21</p> <p>6:00 PILATES--Richard 9:00 TRX--Emilia 10:15 RPM--Ely 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kristen</p>	<p>22</p> <p>9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>23</p> <p>8:15 RPM™-Angie R/Sean 9:30 PILATES--Richard</p>
24	<p>25</p> <p>9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb</p>	<p>26</p> <p>6:00 PILATES--Richard 9:00 PILATES FUSION-- Angie A 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™--Angie R 6:15 GENTLE YOGA with LIVE SOUND Bath -Jacqui</p>	<p>27</p> <p>9:00 WISDOM YOGA--Wendy 6:00 ZUMBA--Kate</p>	<p>28</p> <p>6:00 PILATES--Richard 9:00 TRX--Emilia 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kristen</p>	<p>29</p> <p>9:00 YIN YOGA--Carol 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>30</p> <p>8:15 RPM™-Angie R/Sean 9:30 PILATES--Richard</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to members Schedule published on 8/28/23. Check the app or call any Service Desk at 526-8652 for most up to date information. *Class held at Indoor Pool</p>						<p>1</p> <p>9:00 BODYPUMP®--Angie R 10:00 AQUA B.A.S.I.C. 45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>
<p>3</p> <p>2:45 BODYJAM 30--Dayne</p>	<p>4</p> <p>8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 BODYJAM 30- Dayne 6:00 STEP & STRENGTH- Dayne</p>	<p>5</p> <p>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</p>	<p>6</p> <p>5:30 GRIT Strength--Kristi 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--Ali 12:15 LUNCHTIME YOGA--Michael 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT STRENGTH--Stephanie 5:30 Power Yoga-- Shelbi</p>	<p>7</p> <p>7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:15 HIGH FITNESS--Ali 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION and Sole Training --Angie A 6:00 BODYPUMP® 45--Ely</p>	<p>8</p> <p>9:00 BODYPUMP®--Angie R 10:00 AQUA B.A.S.I.C.45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	<p>9</p> <p>8:15 UNWIND YOGA--Jan 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>10</p> <p>2:45 HIGH FITNESS-- Ali</p>	<p>11</p> <p>5:30 GRIT Athletic--Stephanie 8:30 STEP--Angie A 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30--Angie A 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Jan 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Cardio--Kristi 5:30 ZUMBA!-- Mickella 6:45 STEP & STRENGTH- Dayne</p>	<p>12</p> <p>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</p>	<p>13</p> <p>5:30 GRIT™ Strength--Kristi 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--Ali 12:15 LUNCHTIME YOGA--Michael 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 Power Yoga--Shelbi</p>	<p>14</p> <p>7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:15 HIGH FITNESS--Ali 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Ely</p>	<p>15</p> <p>9:00 Bodypump-Angie R 10:00 AQUA B.A.S.I.C. 45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	<p>16</p> <p>8:15 YIN YOGA--Jan 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>17</p> <p>2:45 SOULFusion--Angie</p>	<p>18</p> <p>5:30 GRIT™ Athletic--Stephanie 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Jan 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Cardio--Kristi 5:30 ZUMBA--Mickella 6:45 STEP & STRENGTH- Dayne</p>	<p>19</p> <p>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</p>	<p>20</p> <p>5:30 GRIT™ Strength--Kristi 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--Ali 12:15 LUNCHTIME YOGA--Jan 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 Power Yoga--Shelbi</p>	<p>21</p> <p>7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:15 HIGH FITNESS--Ali 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION-- Angie A 6:00 BODYPUMP 45--Ely</p>	<p>22</p> <p>9:00 Bodypump-Angie R 10:00 AQUA B.A.S.I.C. 45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	<p>23</p> <p>8:15 UNWIND YOGA--Jan 9:30 ZUMBA!-- Kate 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>24</p> <p>2:45 Step and Strength--Dayne</p>	<p>25</p> <p>5:30 GRIT™ Cardio--Stephanie 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 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT Cardio--Stephanie 5:30 LATIN DANCE--Carol 6:45 STEP & STRENGTH- Dayne</p>	<p>26</p> <p>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</p>	<p>27</p> <p>5:30 GRIT™ Strength--Kristi 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--Ali 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 Power Yoga--Shelbi</p>	<p>28</p> <p>7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:15 HIGH FITNESS--Ali 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP 45--Ely</p>	<p>29</p> <p>9:00 Bodypump-Angie R 10:00 AQUA B.A.S.I.C. 45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	<p>30</p> <p>8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE!--Carol 10:45 FLEX-ABILITY+CORE--Julie</p>

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3	4	5	6	7	8	9
	5:30pm Evening Yoga-Shelbi	5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 6:00 TRX FULL BODY TRAINING --Robb	9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45--Jules 7:00 PILATES--Richard	5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie 5:30 BODYJAM 30- Dayne	10:15 ZUMBA!--Kate 12:00 PILATES--Jan	
10	11	12	13	14	15	16
	9:00 TRX FULL BODY TRAINING --Robb 5:30pm Evening Yoga-Shelbi 7:00 PILATES-- Richard	5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Ely 10:45 MOVE ‘n GROOVE--Kate 6:00 TRX FULL BODY TRAINING --Robb	9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45--Jules 7:00 PILATES--Richard	5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 5:30 BODYJAM 30- Dayne	10:15 ZUMBA!--Mickella 12:00 PILATES--Jan	
17	18	19	20	21	22	23
	9:00 TRX FULL BODY TRAINING --Robb 5:30pm Evening Yoga-Shelbi 7:00 PILATES-- Richard	5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 6:00 TRX FULL BODY TRAINING --Robb	9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45-- Jules 7:00 PILATES-- Richard	5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 5:30 BODYJAM 30- Dayne	10:15 ZUMBA!--Kate 12:00 PILATES--Jan	
24	25	26	27	28	29	30
	9:00 TRX FULL BODY TRAINING --Robb 5:30pm Evening Yoga-Shelbi 7:00 PILATES-- Richard	5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb	9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45---Jules 7:00 PILATES-- Richard	5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE’ n GROOVE--Laurie 5:30 BODYJAM 30- Dayne	10:15 ZUMBA!--Kate 12:00 PILATES--Angie A	