

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)</p>			<p><b>1</b>                      9:00 BODYCOMBAT®--Rock                      10:15 BODYPUMP®—Rock                      4:15 BARRE/PILATES FUSION 45                      --Kristina                      5:30 BODYCOMBAT®—Janelle                      7:15 ZUMBA!--Sergio</p>	<p><b>2</b>                      9:00 BODYPUMP®—Rock                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® —Janelle</p>	<p><b>3</b>                      5:30am BODYPUMP®—Stephanie                      9:00 BODYCOMBAT®--Laura                      12:15 LUNCHTIME YOGA--Lucy                      4:30 SPRINT™ --Sean</p>	<p><b>4</b>                      8:15 BODYCOMBAT®—Janelle                      9:30 BODYPUMP®—Janelle</p>
<p><b>5</b>                      3:00 SUNDAY YOGA                      —Lucy</p>	<p><b>6</b>                      Labor Day Hours: 7 am - 7 pm</p>	<p><b>7</b>                      9:00 BODYPUMP®—Rock                      1:00 WORLD PEACE MEDITATION/                      YOGA (at 1:30)--Ken                      6:15 BODYPUMP® 45--Angie R</p>	<p><b>8</b>                      9:00 BODYCOMBAT®--Rock                      10:15 BODYPUMP®—Rock                      1:30 LUNCHTIME YOGA—Ken                      4:15 BARRE/PILATES FUSION 45                      --Kristina                      5:30 BODYCOMBAT®--Janelle                      7:15 ZUMBA!--Sergio</p>	<p><b>9</b>                      9:00 BODYPUMP®—Rock                      1:00 WORLD PEACE MEDITATION/                      YOGA (at 1:30)--Ken                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® —Janelle</p>	<p><b>10</b>                      5:30am BODYPUMP®—Stephanie                      9:00 BODYCOMBAT®--Laura                      12:15 LUNCHTIME YOGA--Lucy                      4:30 SPRINT™ --Sean</p>	<p><b>11</b>                      8:15 BODYCOMBAT®—Janelle                      9:30 BODYPUMP®—Janelle</p>
<p><b>12</b>                      3:00 SUNDAY YOGA                      —Lucy</p>	<p><b>13</b>                      5:30am BODYPUMP®—Stephanie                      1:30 LUNCHTIME YOGA—Ken                      5:15 SPRINT™--Sean                      6:00 BODYPUMP® 45—Janelle                      7:15 ZUMBA!--Sergio</p>	<p><b>14</b>                      9:00 BODYPUMP®—Rock                      11:45 STEP 45--Angie A                      1:00 WORLD PEACE MEDITATION/                      YOGA (at 1:30)--Ken                      6:15 BODYPUMP® 45--Jesse</p>	<p><b>15</b>                      9:00 BODYCOMBAT®--Rock                      10:15 BODYPUMP®—Rock                      1:30 LUNCHTIME YOGA—Ken                      4:15 BARRE/PILATES FUSION 45                      --Kristina                      5:30 BODYCOMBAT®--Janelle                      7:15 ZUMBA!--Sergio</p>	<p><b>16</b>                      9:00 BODYPUMP®—Rock                      11:45 STEP 45--Angie A                      1:00 WORLD PEACE MEDITATION/                      YOGA (at 1:30)--Ken                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® —Janelle</p>	<p><b>17</b>                      5:30am BODYPUMP®—Stephanie                      9:00 BODYCOMBAT®--Laura                      12:15 LUNCHTIME YOGA--Lucy                      4:30 SPRINT™ --Sean</p>	<p><b>18</b>                      8:15 BODYCOMBAT®--Janelle                      9:30 BODYPUMP®—Janelle</p>
<p><b>19</b>                      3:00 SUNDAY YOGA                      —Lucy</p>	<p><b>20</b>                      5:30am BODYPUMP®—Stephanie                      1:30 LUNCHTIME YOGA—Ken                      5:15 SPRINT™--Sean                      6:00 BODYPUMP® 45—Janelle                      7:15 ZUMBA!--Sergio</p>	<p><b>21</b>                      9:00 BODYPUMP®—Rock                      11:45 STEP 45--Angie A                      1:00 WORLD PEACE MEDITATION/                      YOGA (at 1:30)--Ken                      6:15 BODYPUMP® 45--Angie R</p>	<p><b>22</b>                      1:30 LUNCHTIME YOGA—Ken                      4:15 BARRE/PILATES FUSION 45                      --Kristina                      5:30 BODYCOMBAT®—Janelle                      7:15 ZUMBA!--Sergio</p>	<p><b>23</b>                      9:00 BODYPUMP®—Rachel                      11:45 STEP 45--Angie A                      1:00 WORLD PEACE MEDITATION/                      YOGA (at 1:30)--Ken                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® —Janelle</p>	<p><b>24</b>                      5:30am BODYPUMP®—Stephanie                      9:00 BODYCOMBAT®--Janelle                      12:15 LUNCHTIME YOGA--Lucy                      4:30 SPRINT™ --Sean</p>	<p><b>25</b>                      8:15 BODYCOMBAT®—Janelle                      9:30 BODYPUMP®—Janelle                      12:00 SPECIAL ATHLETES                      Circus Circuit--Angie R</p>
<p><b>26</b>                      3:00 SUNDAY YOGA                      —Lucy</p>	<p><b>27</b>                      5:30am BODYPUMP®—Stephanie                      1:30 LUNCHTIME YOGA—Ken                      5:15 SPRINT™--Sean                      6:00 BODYPUMP® 45—Janelle                      7:15 ZUMBA!--Sergio</p>	<p><b>28</b>                      9:00 BODYPUMP®—Rock                      11:45 STEP 45--Angie A                      1:00 WORLD PEACE MEDITATION/                      YOGA (at 1:30)--Ken                      6:15 BODYPUMP® 45--Angie R</p>	<p><b>29</b>                      9:00 BODYCOMBAT®--Rock                      10:15 BODYPUMP®—Rock                      1:30 LUNCHTIME YOGA—Ken                      4:15 BARRE/PILATES FUSION 45                      --Kristina                      5:30 BODYCOMBAT®—Janelle                      7:15 ZUMBA!--Sergio</p>	<p><b>30</b>                      9:00 BODYPUMP®--Jesse                      11:45 STEP 45--Angie A                      1:00 WORLD PEACE MEDITATION/                      YOGA (at 1:30)--Ken                      5:15 SPRINT™ --Sean                      6:00 BODYPUMP® —Janelle</p>		

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<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)</p>			<p><b>1</b>                      5:45am CYCLING 45--Jenn</p>	<p><b>2</b>                      6:15 YIN/YANG YOGA--Cris</p>	<p><b>3</b></p>	<p><b>4</b>                      8:15 RPM™-- Angie R</p>
<p><b>5</b></p>	<p><b>6</b>                      Labor Day Hours: 7 am - 7 pm</p>	<p><b>7</b>                      10:15 SPRINT™—Rock                      5:15 RPM™--Angie R                      6:15 YIN YOGA--Lucy</p>	<p><b>8</b>                      5:45am CYCLING 45--Jenn</p>	<p><b>9</b>                      6:15 YIN/YANG YOGA--Cris</p>	<p><b>10</b></p>	<p><b>11</b>                      8:15 RPM™-- Sean</p>
<p><b>12</b></p>	<p><b>13</b>                      12:00 CYCLING—Robb</p>	<p><b>14</b>                      10:15 SPRINT™—Rock                      5:15 RPM™--Sean                      6:15 YIN YOGA--Lucy</p>	<p><b>15</b>                      5:45am CYCLING 45--Jenn</p>	<p><b>16</b>                      6:15 YIN/YANG YOGA--Cris</p>	<p><b>17</b></p>	<p><b>18</b>                      8:15 RPM™--Angie R</p>
<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b>                      10:15 SPRINT™—Rock                      5:15 RPM™--Angie R                      6:15 YIN YOGA--Lucy</p>	<p><b>22</b>                      5:45 am CYCLING 45--Jenn</p>	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b>                      8:15 RPM™--Sean</p>
<p><b>26</b></p>	<p><b>27</b>                      12:00 CYCLING--Robb</p>	<p><b>28</b>                      10:15 SPRINT™—Rock                      5:15 RPM™--Angie R                      6:15 YIN YOGA--Lucy</p>	<p><b>29</b>                      5:45 am CYCLING 45--Jenn</p>	<p><b>30</b>                      6:15 YIN/YANG YOGA--Cris</p>		

# SEPTEMBER 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>						
			<p><b>1</b>                      5:30 STRENGTH &amp; 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 &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Lucy                      5:15 GRIT™ Cardio--Rachel                      6:00 STEP 45--Dayne</p>	<p><b>2</b> 5:30 GRIT™/BODYPUMP® FUSION                      --Kristi/Angie R                      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 &amp; SOLE                      TRAINING--Angie A                      6:15 BODYPUMP® 45--Jesse</p>	<p><b>3</b>                      9:30 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 &amp; STRENGTH                      --Julie</p>	<p><b>4</b>                      9:30 ZUMBA!--Sergio</p>
<p><b>5</b>                      1:45 SOULfusion--Angie A</p>	<p><b>6</b> Labor Day Hours: 7 am - 7 pm                      9:00 POOLATES--Julie (odp)                      9:30 BODYPUMP®--Angie R (ss)                      10:00 AQUA B.A.S.I.C. 45--Julie                      11:00 M &amp; S 50--Julie</p>	<p><b>7</b>                      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</p>	<p><b>8</b>                      5:30 STRENGTH &amp; 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 &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Michael                      5:15 GRIT™ Cardio--Rachel                      6:00 STEP 45--Dayne</p>	<p><b>9</b>                      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--Rochelle                      6:15 BODYPUMP® 45--Jesse</p>	<p><b>10</b>                      9:30 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 &amp; STRENGTH                      --Julie</p>	<p><b>11</b>                      8:15 BASIC YOGA/PILATES                      FUSION--Stephanie                      9:30 ZUMBA!/BODYJAM®                      --Sergio/Kerry</p>
<p><b>12</b>                      1:45 BARRE INTENSITY - Kerry</p>	<p><b>13</b>                      8:30 STEP--Laurie                      9:00 POOLATES--Julie (odp)                      9:30 BODYPUMP®--Jesse (ss)                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Ken                      5:15 GRIT™ Cardio--Kristi                      5:30 BODYJAM®--Kerry (ss)                      6:15 BODYPUMP® 45--Kerry (ss)</p>	<p><b>14</b>                      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</p>	<p><b>15</b>                      5:30 STRENGTH &amp; 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 &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Michael                      5:15 GRIT™ Cardio--Rachel                      6:00 STEP 45--Dayne</p>	<p><b>16</b>                      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</p>	<p><b>17</b>                      9:30 BODYPUMP®/GRIT™ FUSION                      --Angie R/Kristi (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 &amp; STRENGTH                      --Julie</p>	<p><b>18</b>                      9:30 ZUMBA!--Sergio</p>
<p><b>19</b>                      1:45 SOULfusion--Angie A</p>	<p><b>20</b>                      8:30 STEP--Laurie                      9:00 POOLATES--Julie (odp)                      9:30 BODYPUMP®--Angie R (ss)                      10:00 AQUA B.A.S.I.C. 45--Julie (odp)                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Ken                      5:15 GRIT™/BODYPUMP® FUSION                      --Kristi/ Angie R                      5:30 BODYJAM®--Kerry (ss)                      6:15 BODYPUMP® 45--Kerry (ss)</p>	<p><b>21</b>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</p>	<p><b>22</b>5:30 STRENGTH &amp; 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 &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Michael                      5:15 GRIT™ Cardio--Rachel                      6:00 STEP 45--Dayne</p>	<p><b>23</b>                      5:30 GRIT™/BODYPUMP® FUSION                      --Krist/Angie Ri                      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</p>	<p><b>24</b>                      9:30 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--Angie A                      11:30 MOVEMENT &amp; STRENGTH                      --Julie</p>	<p><b>25</b>                      8:15 BASIC YOGA/PILATES                      FUSION--Stephanie                      9:30 ZUMBA!--Sergio</p>
<p><b>26</b>                      1:45 SOULfusion--Angie A</p>	<p><b>27</b>8:30 STEP--Laurie                      9:00 POOLATES--Julie                      9:30 BODYPUMP®--Angie R (ss)                      10:00 AQUA B.A.S.I.C. 45--Julie                      10:00 BEG STEP 30--Laurie                      11:00 M &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Ken                      5:15 GRIT™ Cardio--Kristi                      5:30 BODYJAM®--Kerry (ss)                      6:15 BODYPUMP® 45--Kerry (ss)</p>	<p><b>28</b>                      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</p>	<p><b>29</b>                      5:30 STRENGTH &amp; 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 &amp; S 50--Julie                      12:15 LUNCHTIME YOGA--Ken                      5:15 GRIT™ Cardio--Rachel                      6:00 STEP 45--Dayne</p>	<p><b>30</b>                      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 BODYPUMP® 45--Jesse</p>		

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<p>5</p>	<p>6                      Labor Day Hours: 7 am - 7 pm</p>	<p>7                      5:30am CYCLEFIT--Rochelle (o)                      9:15 CYCLING—Laurie (o)                      10:45 MOVE ‘n GROOVE--Laurie                      5:45 BODYJAM® 45--Dayne</p>	<p>8                      11:00 BODYJAM® 45--Jules                      5:30 ALL LEVELS YOGA--Cris</p>	<p>9                      5:30am CYCLEFIT--Rochelle (o)                      9:15 CYCLING—Laurie (o)                      10:45 MOVE ‘n GROOVE --Laurie</p>	<p>10</p>	<p>11</p>
<p>12</p>	<p>13</p>	<p>14                      5:30am CYCLEFIT--Rochelle (o)                      9:15 CYCLING—Laurie (o)                      10:45 MOVE ‘n GROOVE--Laurie                      5:45 BODYJAM® 45--Dayne</p>	<p>15                      11:00 BODYJAM® 45--Laurie                      5:30 ALL LEVELS YOGA--Cris</p>	<p>16                      5:30am CYCLEFIT--Rochelle (o)                      9:15 CYCLING—Laurie (o)                      10:45 MOVE ‘n GROOVE--Laurie</p>	<p>17</p>	<p>18</p>
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