

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) Stop by any Service Desk to register and pay fee or call 779-4593.</p>				<p>1</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® —Tommi</p>	<p>2</p> <p>5:30am BODYPUMP®— Tommi 9:00 BODYCOMBAT®--Tommi</p>	<p>3</p> <p>8:15 BODYCOMBAT® — Tommi 9:30 BODYPUMP® —Angie R</p>
<p>4</p> <p>3:00 SUNDAY YOGA—Lucy</p>	<p>5</p> <p>HAPPY LABOR DAY! Club Hours: 7 am - 8 pm</p> <p>9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi</p>	<p>6</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 YIN YOGA--Lucy</p>	<p>7</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>8</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p>9</p> <p>5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Tommi</p>	<p>10</p> <p>8:15 BODYCOMBAT® — Janelle/Tommi 9:30 BODYPUMP® —Janelle/Sean</p>
<p>11</p> <p>3:00 RECOVERY FLOW --Stephanie</p>	<p>12</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>13</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 YIN YOGA--Lucy</p>	<p>14</p> <p>5:30am BODYPUMP®—Tommi 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Sergio 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle/Vicky 7:15 ZUMBA!--Sergio</p>	<p>15</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p>16</p> <p>5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Tommi</p>	<p>17</p> <p>8:15 BODYCOMBAT® — Janelle/Tommi 9:30 BODYPUMP® —Janelle/Sean</p>
<p>18</p> <p>1:30 STEP & SCULPT--Dayne 3:00 SUNDAY YOGA—Lucy</p>	<p>19</p> <p>5:30am BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Ely 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean 7:15 ZUMBA!--Sergio</p>	<p>20</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 YIN YOGA--Lucy</p>	<p>21</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>22</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p>23</p> <p>5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Tommi</p>	<p>24</p> <p>8:15 BODYCOMBAT®— Janelle 9:30 BODYPUMP® —Janelle/Sean</p>
<p>25</p> <p>3:00 SUNDAY YOGA —Lucy</p>	<p>26</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>27</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 YIN YOGA--Lucy</p>	<p>28</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>29</p> <p>9:00 BODYPUMP®—Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p>30</p> <p>5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Tommi</p>	

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4	<p>5</p> <p>HAPPY LABOR DAY! Club Hours: 7 am - 8 pm</p>	<p>6</p> <p>9:00 TRX/PILATES CIRCUIT TRAINING--Richard 5:15 RPM™ --Angie R</p>	7	<p>8</p> <p>10:15 ROCKOUT with TRX--Robb</p>	<p>9</p> <p>5:30 pm RPM™--Angie R</p>	<p>10</p> <p>8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard</p>
11	<p>12</p> <p>12:00 CYCLING--Robb 6:00 pm HIIT!--Kristina</p>	<p>13</p> <p>9:00 TRX/PILATES CIRCUIT TRAINING--Richard 5:15 CYCLING--Laurie</p>	14	<p>15</p> <p>10:15 ROCKOUT with TRX--Rock</p>	<p>16</p> <p>5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>17</p> <p>8:15 RPM™--Sean 9:30 PILATES--Angie A</p>
18	<p>19</p> <p>12:00 CYCLING--Robb 6:00 pm HIIT!--Kristina</p>	<p>20</p> <p>9:00 TRX/PILATES CIRCUIT TRAINING--Richard 5:15 RPM™--Darrin</p>	21	<p>22</p> <p>10:15 ROCKOUT with TRX--Rock</p>	<p>23</p> <p>5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>24</p> <p>8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard</p>
25	<p>26</p> <p>12:00 CYCLING--Robb 6:00 pm HIIT!--Kristina</p>	<p>27</p> <p>9:00 TRX/PILATES CIRCUIT TRAINING--Richard 5:15 RPM™ --Angie R</p>	28	<p>29</p> <p>10:15 ROCKOUT with TRX--Rock</p>	<p>30</p> <p>5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	

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<p>4</p> <p>4:00 ZUMBA!--Sergio</p>	<p>5</p> <p>HAPPY LABOR DAY! Club Hours: 7 am - 8 pm</p> <p>10:00 AQUA B.A.S.I.C. 45--Julie 11:00 M & S 50--Julie</p>	<p>6</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>7</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--Michael 5:30 ALL LEVELS YOGA--Michael</p>	<p>8</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>9</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</p>	<p>10</p> <p>8:15 UNWIND YOGA--Kristen 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>11</p> <p>2:45 SOULfusion--Angie A 4:00 ZUMBA!--Sergio</p>	<p>12</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>13</p> <p>5:30 GRIT™ Athletic--Stephanie 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 9:00 BODYPUMP®--Tommi 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 7:00 ZUMBA!--Sergio</p>	<p>14</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>15</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>16</p> <p>9:00 BODYPUMP®--Ely 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</p>	<p>17</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>18</p> <p>4:00 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™ Cardio--Rachel 5:30 BODYJAM® 30--Dayne 6:15 STEP & SCULPT--Dayne</p>	<p>20</p> <p>5:30 GRIT™ Athletic --Stephanie 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES--Julie 9:00 BODYPUMP®--Tommi 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 7:00 ZUMBA!--Sergio</p>	<p>21</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>22</p> <p>5:30 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--Angie A 6:15 BODYPUMP® 45--Ely</p>	<p>23</p> <p>9:00 BODYPUMP®--Kate 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</p>	<p>24</p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Sergio 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>25</p> <p>2:45 SOULfusion--Angie A 4:00 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™ Cardio--Kristi 5:30 BODYJAM® 30--Dayne 6:15 STEP & SCULPT--Dayne</p>	<p>27</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 ABOVE--Angie A 7:00 ZUMBA!--Sergio</p>	<p>28</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--Stephanie 5:30 ALL LEVELS YOGA--Michael</p>	<p>29</p> <p>5:30 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--Angie A 6:15 BODYPUMP® 45--Ely</p>	<p>30</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</p>	

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<p>4</p>	<p>5</p> <p>HAPPY LABOR DAY! Club Hours: 7 am - 8 pm</p> <p>8:45 PILATES--Richard</p>	<p>6</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Kate 6:00 TRX FULL BODY TRAINING --Robb</p>	<p>7</p> <p>8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules</p>	<p>8</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie</p>	<p>9</p> <p>9:00 TRX FULL BODY TRAINING --Robb 10:15 ZUMBA!--Kate 12:00 PILATES--Richard</p>	<p>10</p>
<p>11</p>	<p>12</p> <p>8:45 PILATES--Richard</p>	<p>13</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb</p>	<p>14</p> <p>8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules</p>	<p>15</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie</p>	<p>16</p> <p>9:00 TRX FULL BODY TRAINING --Robb 10:15 ZUMBA!--Sergio 12:00 PILATES--Kristina</p>	<p>17</p>
<p>18</p>	<p>19</p> <p>8:45 PILATES--Richard</p>	<p>20</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb</p>	<p>21</p> <p>8:45 PILATES--Richard 11:00 BODYJAM® 45--Jules</p>	<p>22</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie</p>	<p>23</p> <p>9:00 TRX FULL BODY TRAINING --Robb 10:15 ZUMBA!--Kate 12:00 PILATES--Richard</p>	<p>24</p>
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