

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:30 STRENGTH CIRCUIT--Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 11:30 SILVER YOGA--Jan 4:45 HIIT--Maya 5:30 EVENING YOGA--Tatiana 6:45 BODYCOMBAT®--Nicole	2 5:30 BODYPUMP®—Tommi 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle	3 5:30 STRENGTH CIRCUIT--Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle	4 5:30 BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	5 8:15 BODYCOMBAT --Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS--Jan
6 4:15 YIN YOGA--Jan	7 5:30am BARBELL STRENGTH--Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi 12:00 SILVER FITNESS--Jan 4:15 BARRE FUSION 45--Carly 6:00 BODYPUMP® 45--Janelle/Sean	8 5:30 STRENGTH CIRCUIT--Ali 9:00 BODYPUMP®—Ely 10:30 SILVER FITNESS--Jan 11:30 SILVER YOGA--Jan 4:45 HIIT--Maya 5:30 EVENING YOGA--Tatiana 6:45 BODYCOMBAT®--Nicole	9 5:30 BODYPUMP®—Tommi 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Ely 10:15 ZUMBA!--Kate 12:00 SILVER FITNESS--Maya 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle	10 5:30 STRENGTH CIRCUIT--Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle	11 5:30 BODYPUMP® - Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	12 8:15 BODYCOMBAT® — Kerry 9:30 BODYPUMP® —Kerry 11:00 SILVER FITNESS- Maya
13 1:30 SOUND HEALING and MEDITATION--Carly 4:15 SUNDAY YOGA—Erin	14 5:30 BARBELL STRENGTH--Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®**--Tommi/Ely 10:15 BODYPUMP®**--Tommi 12:00 SILVER FITNESS--Jan 4:15 BARRE FUSION 45--Carly 6:00 BODYPUMP® 45--Sean/Janelle	15 5:30 STRENGTH CIRCUIT--Ali 9:00 BODYPUMP®**—Rock 10:30 SILVER FITNESS--Jan 11:30 SILVER YOGA--Jan 4:45 HIIT--Maya 5:30 EVENING YOGA--Tatiana 6:45 BODYCOMBAT®**--Nicole	16 5:30 BODYPUMP®**—Tommi 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP®**—Rock 10:15 ZUMBA!--Kate 12:00 SILVER FITNESS--Maya 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®**--Janelle/ Nicole	17 5:30 STRENGTH CIRCUIT--Ali 9:00 BODYPUMP®**—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™** --Sean/Janelle 6:00 BODYPUMP®** —Sean/Janelle	18 5:30 BODYPUMP®** - Stephanie 9:00 BODYCOMBAT®**--Tommi 10:15 BODYPUMP®**--Ely	19 8:15 BODYCOMBAT®** — Janelle/Kerry 9:30 BODYPUMP®** —Janelle/Sean 11:00 SILVER FITNESS- Jan 12:00 HIIT--Kristina
20 Easter Hours: 12pm-8pm 4:15 YIN YOGA--Jan	21 5:30 BARBELL STRENGTH--Ali 8:00 SILVER CHALLENGE--Maya 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi 12:00 SILVER FITNESS--Maya 4:15 BARRE FUSION 45--Carly 6:00 BODYPUMP® 45--Janelle/Sean	22 5:30 HIGH FITNESS--Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 11:30 SILVER YOGA--Jan 4:45 HIIT--Maya 5:30 EVENING YOGA--Tatiana 6:45 BODYCOMBAT®--Nicole	23 5:30 BODYPUMP®—Tommi 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 12:00 SILVER FITNESS--Maya 4:15 BARRE FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle	24 5:30 HIGH FITNESS--Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle	25 5:30 BODYPUMP® --Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	26 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS--Maya 12:15 ADAPTIVE FITNESS
27 4:15 SUNDAY YOGA—Erin	28 5:30 BARBELL STRENGTH--Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi 12:00 SILVER FITNESS--Jan 4:15 BARRE FUSION 45--Kristina 6:00 BODYPUMP® 45--Janelle/Sean	29 5:30 STRENGTH CIRCUIT--Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 11:30 SILVER YOGA--Jan 4:45 HIIT--Maya 5:30 EVENING YOGA--Tatiana 6:45 BODYCOMBAT®--Nicole	30 5:30 BODYPUMP®—Tommi 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 12:00 SILVER FITNESS--Maya 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle	<p>Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to members. Schedule published on 3/28/25. Check the app or call any Service Desk at 779-4593 for most up to date information. **New Les Mills Release</p>		

APRIL 2025

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 9:00 PILATES FUSION--Jan 10:15 BODYBALANCE--Rock 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 5:15 RPM™ --Angie R	2 9:00 WISDOM YOGA--Wendy 1:00 LUNCHTIME YOGA--Tatiana 5:30 PILATES--Richard	3 9:00 PILATES FUSION--Jan 10:15 BODYBALANCE--Rock 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 6:00 EVENING YOGA--Tatiana	4 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	5 8:15 RPM™--Sean/Angie R 9:30 PILATES--Richard	
6 11:00 ALIGN&FLOW --Carly 12:15 PILATES--Carly	7 9:00 WISDOM YOGA--Wendy 11:30 BODYBALANCE--Tommi 1:00 LUNCHTIME YOGA--Tatiana 2:30 UNWIND YOGA--Carly 5:15 SPRINT™--Janelle/Sean	8 9:00 PILATES FUSION--Jan 10:15 BODYBALANCE--Ely 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 5:15 RPM™ --Angie R	9 9:00 WISDOM YOGA--Wendy 1:00 LUNCHTIME YOGA--Tatiana 5:30 PILATES--Richard	10 9:00 PILATES FUSION--Jan 10:15 BODYBALANCE--Ely 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 6:00 EVENING YOGA--Tatiana	11 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	12 8:15 RPM™--Sean 9:30 PILATES--Kristina	
13 11:00 ALIGN&FLOW YOGA --Carly 12:15 PILATES--Carly	14 9:00 WISDOM YOGA--Wendy 11:30 BODYBALANCE**--Tommi 1:00 LUNCHTIME YOGA--Tatiana 2:30 UNWIND YOGA--Carly 5:15 SPRINT™**--Janelle/Sean	15 9:00 PILATES FUSION-- Jan 10:15 BODYBALANCE**--Rock 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 5:15 RPM™**-- Angie R/Sean	16 9:00 WISDOM YOGA--Wendy 1:00 LUNCHTIME YOGA--Tatiana 5:30 PILATES--Richard	17 9:00 PILATES FUSION--Jan 10:15 BODYBALANCE**--Ely 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 6:00 EVENING YOGA--Tatiana	18 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	19 8:15 RPM™**--Sean 9:30 PILATES--Richard	
20 Easter Hours 12-8pm 12:15 PILATES--Carly	21 9:00 WISDOM YOGA--Wendy 11:30 BODYBALANCE--Tommi 1:00 LUNCHTIME YOGA--Tatiana 2:30 UNWIND YOGA--Carly 5:15 SPRINT™--Janelle/Sean	22 9:00 PILATES FUSION-- Jan 10:15 BODYBALANCE--Rock 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 5:15 RPM™ --Angie R	23 9:00 WISDOM YOGA--Wendy 1:00 LUNCHTIME YOGA--Tatiana 5:30 PILATES--Richard	24 9:00 PILATES FUSION--Jan 10:15 BODYBALANCE--Ely 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 6:00 EVENING YOGA--Tatiana	25 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	26 8:15 RPM™--Sean/Angie R 9:30 PILATES--Richard	
27 11:00 ALIGN&FLOW YOGA --Kerry 12:15 PILATES--Kerry	28 9:00 WISDOM YOGA--Wendy 11:30 BODYBALANCE--Tommi 1:00 LUNCHTIME YOGA--Tatiana 2:30 UNWIND YOGA--Kristina 5:15 SPRINT™--Janelle/Sean	29 9:00 PILATES FUSION-- Jan 10:15 RPM--Rock 1:30 ALIGN&FLOW YOGA--Carly 2:45 PILATES--Carly 5:15 RPM™ --Angie R	30 9:00 WISDOM YOGA--Wendy 1:00 LUNCHTIME YOGA--Tatiana 5:30 PILATES--Richard	All group fitness classes are free to members. Schedule published on 3/28/25. Check the app or call any Service Desk at 779-4593 for most up to date information. Group Fitness Schedules also available online at flagstaffathleticclub.com/schedules **New Les Mills Release			

APRIL 2025

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<p>1</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 7:00 ZUMBA!-Berta</p>	<p>2</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—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana</p>	<p>3</p> <p>7:45 FLEX-ABILITY+CORE--Julie 9:00 BODYCOMBAT®--Nicole 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION --Kerry 6:00 BODYPUMP® 45--Jules 7:00 ZUMBA!-Berta</p>	<p>4</p> <p>9:00 HIP-HOP BODYPUMP®--Angie R/ Jules 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>5</p> <p>8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE--Carol 10:45 FLEX-ABILITY+CORE--Julie</p>	
<p>6</p> <p>9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:45 BODYBALANCE--Angie R 4:00 LM DANCE--Kerry</p>	<p>7</p> <p>5:30 GRIT Athletic-Stephanie 8:30 STEP—Carol 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Carol 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 ZUMBA!-- Mickella</p>	<p>8</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 7:00 ZUMBA!-Berta</p>	<p>9</p> <p>5:30 GRIT™ Strength--Kristi 8:30 STEP--Carol 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30—Carol 11:00 M & S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana</p>	<p>10</p> <p>7:45 FLEX-ABILITY+CORE--Julie 9:00 BODYCOMBAT®--Nicole 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION --Angie A 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!-Berta</p>	<p>11</p> <p>9:00 BODYPUMP®--Jules 10:00 AQUA B.A.S.I.C.45*--Julie 10:30 BEG STEP 30--Carol 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	<p>12</p> <p>8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE--Carol 10:45 FLEX-ABILITY+CORE--Julie</p>	
<p>13</p> <p>9:00 BODYCOMBAT®** — Ely/Tommi 10:15 BODYPUMP®**--Ely 2:45 BODYBALANCE** --Angie R/Tommi 4:00 LM DANCE**--Kerry</p>	<p>14</p> <p>5:30 GRIT™ Cardio**--Stephanie 8:30 STEP—Carol 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Carol 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 5:30 ZUMBA!--Mickella</p>	<p>15</p> <p>7:45 FLEX-ABILITY+CORE—Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP®**--Angie R/Kerry 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP®** 45--Ely 7:00 ZUMBA!-Berta</p>	<p>16</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—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana</p>	<p>17</p> <p>7:45 FLEX-ABILITY+CORE--Julie 9:00 BODYCOMBAT®**--Nicole/Kerry 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Kristina 4:45 BARRE FUSION --Angie A 6:00 BODYPUMP®** 45--Jules/Angie R 7:00 ZUMBA!--Berta</p>	<p>18</p> <p>9:00 BODYPUMP®** --Angie R/Jules 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>19</p> <p>8:15 SPRINGTIME YOGA--Carol 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie</p>	
<p>20</p> <p>Easter Hours 12-8pm 2:45 SOULFUSION--Angie A 4:00 LM DANCE--Kerry</p>	<p>21</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 5:30 ZUMBA!--Mickella</p>	<p>22</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 7:00 ZUMBA!-Berta</p>	<p>23</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—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana</p>	<p>24</p> <p>7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYCOMBAT®--Nicole/Kerry 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Jules 7:00 ZUMBA!--Berta</p>	<p>25</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>26</p> <p>8:15 UNWIND YOGA--Kristina 9:30 ZUMBA!--Berta 10:45 FLEX-ABILITY+CORE--Julie</p>	
<p>27</p> <p>9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:00 KUNDALINI YOGA and MEDITATION--Angie Allen 4:00 LM DANCE--Kerry</p>	<p>28</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--Carol 3:30 FLEX-ABILITY+CORE—Julie 5:30 ZUMBA!--Mickella</p>	<p>29</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 STARRE--Angie A 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!-Berta</p>	<p>30</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—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana</p>	<p>Group Fitness schedule also available at flagstaffathleticclub.com</p> <p>All group fitness classes are free to members</p> <p>Schedule published on 3/28/25. Check the app or call any Service Desk at 526-8652 for most up to date information.</p> <p>*Class held at Indoor Pool</p> <p>**New Les Mills Release</p>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:30am CYCLEFIT--Rochelle 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE--Carol	2 9:00 TRX FULL BODY TRAINING--Robb 11:00 LES MILLS DANCE® --Jules	3 5:30am CYCLEFIT--Rochelle 8:00 BODYBALANCE--Tommi 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE--Laurie	4 9:00 PRECISION TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate	5
6	7 9:00 TRX FULL BODY TRAINING --Robb 10:00 TRX FULL BODY TRAINING--Robb 11:00 LES MILLS DANCE® --Kerry 5:30pm PILATES--Richard	8 5:30am CYCLEFIT--Rochelle 9:15 CYCLING--Robb 10:45 MOVE 'n GROOVE--Carol	9 9:00 TRX FULL BODY TRAINING --Robb 11:00 LES MILLS DANCE® --Jules	10 5:30am CYCLEFIT--Rochelle 8:00 BODYBALANCE--Tommi 9:15 CYCLING--Ali 10:45 MOVE 'n GROOVE --Carol	11 9:00 PRECISION TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate	12
13	14 9:00 TRX FULL BODY TRAINING --Robb 10:00 TRX FULL BODY TRAINING--Robb 11:00 LES MILLS DANCE®** --Kerry 5:30pm PILATES--Richard	15 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE 'n GROOVE--Carol	16 9:00 TRX FULL BODY TRAINING --Robb 11:00 LES MILLS DANCE®** --Jules	17 5:30am CYCLEFIT--Rochelle 8:00 BODYBALANCE**--Tommi/ Angie R 9:15 CYCLING—Laurie 10:45 MOVE 'n GROOVE--Laurie	18 9:00 PRECISION TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate	19
20 Easter Hours 12-8pm	21 9:00 TRX FULL BODY TRAINING --Robb 10:00 TRX FULL BODY TRAINING--Robb 11:00 LES MILLS DANCE® --Kerry 5:30pm PILATES--Richard	22 5:30am CYCLEFIT--Rochelle 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE--Carol	23 9:00 TRX FULL BODY TRAINING --Robb 11:00 LES MILLS DANCE® --Jules	24 5:30am CYCLEFIT--Rochelle 8:00 BODYBALANCE--Tommi 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE--Laurie	25 9:00 PRECISION TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate	26
27	28 9:00 TRX FULL BODY TRAINING --Robb 10:00 TRX FULL BODY TRAINING--Robb 11:00 LES MILLS DANCE® --Kerry 5:30pm PILATES--Richard	29 5:30am CYCLEFIT--Rochelle 9:15 CYCLING--Laurie 10:45 MOVE 'n GROOVE--Carol	30 9:00 TRX FULL BODY TRAINING --Robb 11:00 LES MILLS DANCE® --Jules	31 <p style="text-align: center;">Group Fitness schedule also available at Flagstaffathleticclub.com All group fitness classes are free to members. Schedule published on 3/28/25. Check the app or call any Service Desk at 526-8652 for most up to date information.</p>		