

# JULY 2008

# GROUP FITNESS, MAIN ROOM - EAST

## Flagstaff Athletic Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All group fitness classes are free to members unless (fee) is written on the schedule.</p>		<p><b>1</b> 5:30 SUNRISE YOGA—Maggie 8:00 SUPER STRETCH—Carol 8:30 PILATES—Carol 9:00 H2O CARDIO—Amal 9:15 JUST WEIGHT—Jena 10:30 GENTLE FLOW YOGA—Ken 1:00 SILVER SNEAKERS® —Apolonia 4:30 JUST WEIGHT—Rochelle 5:40 CARDIO EXPRESS—Jimmy 7:00 JUJITSU (fee)</p>	<p><b>2</b> 6:00 STEP—Karen 8:30 STEP—Laurie 9:00 H2O INTERVAL—Amal 9:35 ON THE BALL—Laurie 10:00 AQUA X—Mary 12:00 PILLOW &amp; BLANKET YOGA —Ken 4:30 STEP &amp; RESISTANCE—Karen 5:40 ZUMBA!—Carol 6:10 BODY BLAST—Carol 6:45 WOW (Fee)—Elaine</p>	<p><b>3</b> 5:30 SUNRISE YOGA—Maggie 8:00 SUPER STRETCH—Carol 8:30 PILATES—Carol 9:00 H2O BOXING—Amal 9:15 JUST WEIGHT—Jena 10:30 GENTLE FLOW YOGA—Ken 1:00 SILVER SNEAKERS® —Apolonia 4:30 JUST WEIGHT—Rochelle 5:40 PILATES—Rochelle 7:00 JUJITSU (fee)</p>	<p><b>4</b> 4th of JULY CLUB HOURS 5AM - 7PM  8:30 SUPER BOX N' BUILD (90 MIN) —Melinda</p>	<p><b>5</b> 9:00 ZUMBA!—Laurie / Jimmy</p>
	<p><b>6</b> 4:00 STEP &amp; MORE—Apolonia</p>	<p><b>7</b> 6:00 STEP—Mike 8:30 STEP—Kelly 9:00 H2O CARDIO—Amal 9:35 ON THE BALL—Kelly 10:00 AQUA X—Amal 12:00 PILLOW &amp; BLANKET YOGA —Ken 4:30 STEP &amp; RESISTANCE—Karen 5:40 ZUMBA!—Carol 6:10 BODY BLAST—Carol 6:45 WOW (Fee)—Elaine</p>	<p><b>8</b> 5:30 SUNRISE YOGA—Maggie 8:00 SUPER STRETCH—Carol 8:30 PILATES—Carol 9:00 H2O CARDIO—Amal 9:15 JUST WEIGHT—Jena 10:30 GENTLE FLOW YOGA—Ken 1:00 SILVER SNEAKERS® —Apolonia 4:30 JUST WEIGHT—Ralyne 5:40 CARDIO EXPRESS—Ralyne 7:00 JUJITSU (fee)</p>	<p><b>9</b> 6:00 STEP—Karen 8:30 STEP—Ralyne 9:00 H2O INTERVAL—Amal 9:35 ON THE BALL—Ralyne 10:00 AQUA X—Mary 12:00 PILLOW &amp; BLANKET YOGA —Ken 4:30 STEP &amp; RESISTANCE—Karen 5:40 ROCK BOTTOM—Ralyne 6:10 UPPER BODY BLAST—Ralyne 6:45 WOW (Fee)—Elaine</p>	<p><b>10</b> 5:30 SUNRISE YOGA—Maggie 8:00 SUPER STRETCH —Heather 8:30 PILATES—Heather 9:00 H2O BOXING—Amal 9:15 JUST WEIGHT—Apolonia 10:30 GENTLE FLOW YOGA—Ken 1:00 SILVER SNEAKERS® —Apolonia 4:30 JUST WEIGHT—Ralyne 5:40 PILATES—Ralyne</p>	<p><b>11</b> 6:00 STEP—Mike 8:30 BOX N' BUILD—Melinda 9:00 H2O &amp; STRETCH—Amal 9:35 CORE—Melinda 10:00 AQUA X—Apolonia</p>
<p><b>13</b> 4:00 STEP &amp; MORE—Meghan</p>	<p><b>14</b> 6:00 STEP—Mike 8:30 STEP—Laurie 9:00 H2O CARDIO—Amal 9:35 ON THE BALL—Laurie 10:00 AQUA X—Amal 12:00 PILLOW &amp; BLANKET YOGA —Ken 4:30 STEP &amp; RESISTANCE—Karen 5:40 ROCK BOTTOM—Carol 6:10 UPPER BODY BLAST—Carol 6:45 WOW (Fee)—Elaine</p>	<p><b>15</b> 5:30 SUNRISE YOGA—Maggie 8:00 SUPER STRETCH—Carol 8:30 PILATES—Carol 9:00 H2O CARDIO—Amal 9:15 JUST WEIGHT—Jena 10:30 GENTLE FLOW YOGA—Ken 1:00 SILVER SNEAKERS® —Apolonia 4:30 JUST WEIGHT—Jimmy 5:40 CARDIO EXPRESS—Jimmy 7:00 JUJITSU (fee)</p>	<p><b>16</b> 6:00 STEP—Karen 8:30 STEP—Laurie 9:00 H2O INTERVAL—Amal 9:35 ON THE BALL—Laurie 10:00 AQUA X—Mary 12:00 PILLOW &amp; BLANKET YOGA —Ken 4:30 STEP &amp; RESISTANCE—Laurie 5:40 ZUMBA!—Carol 6:10 BODY BLAST—Carol 6:45 WOW (Fee)—Elaine</p>	<p><b>17</b> 5:30 SUNRISE YOGA—Maggie 8:00 SUPER STRETCH—Carol 8:30 PILATES—Carol 9:00 H2O BOXING—Amal 9:15 JUST WEIGHT—Jena 10:30 GENTLE FLOW YOGA—Ken 1:00 SILVER SNEAKERS® —Apolonia 4:30 JUST WEIGHT—Jena 5:40 PILATES—Kelly 7:00 JUJITSU (fee)</p>	<p><b>18</b> 6:00 STEP—Laurie 8:30 BOX N' BUILD—Melinda 9:00 H2O &amp; STRETCH—Amal 9:35 CORE—Melinda 10:00 AQUA X—Apolonia</p>	<p><b>19</b> 8:00 YOGABASICS—Maggie 8:30 PRENATAL AQUA—Amal</p>
<p><b>20</b> 4:00 STEP &amp; MORE—Kelly</p>	<p><b>21</b> 6:00 STEP—Mike 8:30 STEP—Laurie 9:00 H2O CARDIO—Amal 9:35 ON THE BALL—Laurie 10:00 AQUA X—Amal 12:00 PILLOW &amp; BLANKET YOGA —Ken 4:30 STEP &amp; RESISTANCE—Karen 5:40 ROCK BOTTOM—Carol 6:10 UPPER BODY BLAST—Carol 6:45 WOW (Fee)—Elaine</p>	<p><b>22</b> 5:30 SUNRISE YOGA—Maggie 8:00 SUPER STRETCH—Carol 8:30 PILATES—Carol 9:00 H2O CARDIO—Amal 9:15 JUST WEIGHT—Jena 10:30 GENTLE FLOW YOGA—Ken 1:00 SILVER SNEAKERS® —Ralyne 4:30 JUST WEIGHT—Rochelle 5:40 CARDIO EXPRESS—Jimmy 7:00 JUJITSU (fee)</p>	<p><b>23</b> 6:00 STEP—Karen 8:30 STEP—Laurie 9:00 H2O INTERVAL—Amal 9:35 ON THE BALL—Laurie 10:00 AQUA X—Mary 12:00 PILLOW &amp; BLANKET YOGA —Ken 4:30 STEP &amp; RESISTANCE—Karen 5:40 ZUMBA!—Carol 6:10 BODY BLAST—Carol 6:45 WOW (Fee)—Elaine</p>	<p><b>24</b> 5:30 SUNRISE YOGA—Maggie 8:00 SUPER STRETCH—Carol 8:30 PILATES—Carol 9:00 H2O BOXING—Amal 9:15 JUST WEIGHT—Jena 10:30 GENTLE FLOW YOGA—Ken 1:00 SILVER SNEAKERS® —Apolonia 4:30 JUST WEIGHT—Rochelle 5:40 PILATES—Rochelle 7:00 JUJITSU (fee)</p>	<p><b>25</b> 6:00 STEP—Mike 8:30 BOX N' BUILD—Melinda 9:00 H2O &amp; STRETCH—Amal 9:35 CORE—Melinda 10:00 AQUA X—Apolonia</p>	<p><b>26</b> 8:00 PILATESBASICS—Flower</p>
<p><b>27</b> 4:00 ZUMBA &amp; MORE—Jimmy</p>	<p><b>28</b> 6:00 STEP—Mike 8:30 STEP—Laurie 9:00 H2O CARDIO—Amal 9:35 ON THE BALL—Laurie 10:00 AQUA X—Amal 12:00 PILLOW &amp; BLANKET YOGA —Ken 4:30 STEP &amp; RESISTANCE—Karen 5:40 ROCK BOTTOM—Carol 6:10 UPPER BODY BLAST—Carol 6:45 WOW (Fee)—Elaine</p>	<p><b>29</b> 5:30 SUNRISE YOGA—Maggie 8:00 SUPER STRETCH—Carol 8:30 PILATES—Carol 9:00 H2O CARDIO—Amal 9:15 JUST WEIGHT—Apolonia 10:30 GENTLE FLOW YOGA—Ken 1:00 SILVER SNEAKERS® —Apolonia 4:30 JUST WEIGHT—Rochelle 5:40 CARDIO EXPRESS—Jimmy 7:00 JUJITSU (fee)</p>	<p><b>30</b> 6:00 STEP—Karen 8:30 STEP—Laurie 9:00 H2O INTERVAL—Amal 9:35 ON THE BALL—Laurie 10:00 AQUA X—Mary 12:00 PILLOW &amp; BLANKET YOGA —Ken 4:30 STEP &amp; RESISTANCE—Karen 5:40 ZUMBA!—Carol 6:10 BODY BLAST—Carol 6:45 WOW (Fee)—Elaine</p>	<p><b>31</b> 5:30 SUNRISE YOGA—Maggie 8:00 SUPER STRETCH—Carol 8:30 PILATES—Carol 9:00 H2O INTERVAL—Amal 9:15 JUST WEIGHT—Apolonia 10:30 GENTLE FLOW YOGA—Ken 1:00 SILVER SNEAKERS® —Apolonia 4:30 JUST WEIGHT—Rochelle 5:40 PILATES—Rochelle 7:00 JUJITSU (fee)</p>	<p>Group Fitness schedule also available online at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a></p>	