

# AUGUST 2008

# GROUP FITNESS, MAIN ROOM - EAST

## Flagstaff Athletic Club

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

All group fitness classes are free to members unless (fee) is written on the schedule.

Group Fitness schedule also available online at [flagstaffathleticclub.com](http://flagstaffathleticclub.com)

**1**  
6:00 STEP—Mike  
8:30 BOX N' BUILD—Melinda  
9:00 H2O & STRETCH—Amal  
9:35 CORE—Melinda  
10:00 AQUA X—Apolonia

**2**  
8:00 YOGABASICS—Jennifer K

**3**  
4:00 STEP & MORE—Apolonia

**4**  
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 & BLANKET YOGA—Ken  
4:30 STEP & RESISTANCE—Karen  
5:40 ROCK BOTTOM—Carol  
6:10 UPPER BODY BLAST—Carol  
6:45 WOW (Fee)—Elaine

**5**  
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)

**6**  
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 & BLANKET YOGA—Ken  
4:30 STEP & RESISTANCE—Karen  
5:40 ZUMBA!—Carol  
6:10 BODY BLAST—Carol  
6:45 WOW (Fee)—Elaine

**7**  
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)

**8**  
6:00 STEP—Laurie  
8:30 BOX N' BUILD—Apolonia  
9:00 H2O & STRETCH—Amal  
9:35 CORE—Apolonia  
10:00 AQUA X—Apolonia

**9**  
8:00 PILATESBASICS—Flower  
8:30 PRENATAL AQUA—Amal

**10**  
4:00 STEP & MORE—Meghan

**11**  
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 & BLANKET YOGA—Ken  
4:30 STEP & RESISTANCE—Karen  
5:40 ROCK BOTTOM—Carol  
6:10 UPPER BODY BLAST—Carol  
6:45 WOW (Fee)—Elaine

**12**  
8:00 SUPER STRETCH—Kelly  
8:30 PILATES—Kelly  
9:00 H2O CARDIO—Amal  
9:15 JUST WEIGHT—Jena  
10:30 GENTLE FLOW YOGA—Ken  
1:00 SILVER SNEAKERS®—Ralyn  
4:30 JUST WEIGHT—Rochelle  
5:40 CARDIO EXPRESS—Jimmy  
7:00 JUJITSU (fee)

**13**  
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 & BLANKET YOGA—Ken  
4:30 STEP & RESISTANCE—Karen  
5:40 ZUMBA!—Carol  
6:10 BODY BLAST—Carol  
6:45 WOW (Fee)—Elaine

**14**  
8:00 SUPER STRETCH—Ralyn  
8:30 PILATES—Ralyn  
9:00 H2O BOXING—Amal  
9:15 JUST WEIGHT—Jena  
10:30 GENTLE FLOW YOGA—Ken  
1:00 SILVER SNEAKERS®—Ralyn  
4:30 JUST WEIGHT—Rochelle  
5:40 PILATES—Rochelle  
7:00 JUJITSU (fee)

**15**  
6:00 STEP—Mike  
8:30 BOX N' BUILD—Melinda  
9:00 H2O & STRETCH—Amal  
9:35 CORE—Melinda  
10:00 AQUA X—Amal

**16**  
AFAA WORKSHOP (Fee)  
8:30AM - 6:00PM

**17**  
4:00 FITNESS FUSION (90 MIN)  
—Jennifer K

**18**  
6:00 STEP—Ralyn  
8:30 STEP—Laurie  
9:00 H2O CARDIO—Amal  
9:35 ON THE BALL—Laurie  
10:00 AQUA X—Amal  
12:00 PILLOW & BLANKET YOGA—Ken  
4:30 STEP & RESISTANCE—Karen  
5:40 ROCK BOTTOM—Carol  
6:10 UPPER BODY BLAST—Carol  
6:45 WOW (Fee)—Elaine

**19**  
8:00 SUPER STRETCH—Ralyn  
8:30 PILATES—Ralyn  
9:00 H2O CARDIO—Amal  
9:15 JUST WEIGHT—Jena  
10:30 GENTLE FLOW YOGA—Ken  
1:00 SILVER SNEAKERS®—Ralyn  
4:30 JUST WEIGHT—Rochelle  
5:40 CARDIO EXPRESS—Jimmy  
7:00 JUJITSU (fee)

**20**  
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 & BLANKET YOGA—Ken  
4:30 STEP & RESISTANCE—Karen  
5:40 ZUMBA!—Carol  
6:10 BODY BLAST—Carol  
6:45 WOW (Fee)—Elaine

**21**  
8:00 SUPER STRETCH—Ralyn  
8:30 PILATES—Ralyn  
9:00 H2O BOXING—Amal  
9:15 JUST WEIGHT—Jena  
10:30 GENTLE FLOW YOGA—Ken  
1:00 SILVER SNEAKERS®—Ralyn  
4:30 JUST WEIGHT—Rochelle  
5:40 PILATES—Rochelle  
7:00 JUJITSU (fee)

**22**  
6:00 STEP—Laurie  
8:30 BOX N' BUILD—Melinda  
9:00 H2O & STRETCH—Amal  
9:35 CORE—Melinda  
10:00 AQUA X—Amal

**23**  
IT'S A GREAT IDEA WORKOUT!  
8AM - 11:30AM—Laurie, Carol, Jimmy  
Tabitha, Rochelle  
Jena  
8:30 PRENATAL AQUA—Amal

**24**  
4:00 ZUMBA & MORE—Jimmy

**25**  
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 & BLANKET YOGA—Ken  
4:30 STEP & RESISTANCE—Karen  
5:40 ROCK BOTTOM—Carol  
6:10 UPPER BODY BLAST—Carol  
6:45 WOW (Fee)—Elaine

**26**  
8:00 SUPER STRETCH—Stephanie  
8:30 PILATES—Stephanie  
9:00 H2O CARDIO—Amal  
9:15 JUST WEIGHT—Jena  
10:30 GENTLE FLOW YOGA—Ken  
4:30 JUST WEIGHT—Rochelle  
5:40 CARDIO EXPRESS—Jimmy  
7:00 JUJITSU (fee)

**27**  
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 & BLANKET YOGA—Ken  
4:30 STEP & RESISTANCE—Karen  
5:40 ROCKBOTTOM—Carol  
6:10 UPPER BODY BLAST—Carol  
6:45 WOW (Fee)—Elaine

**28**  
8:00 SUPER STRETCH—Stephanie  
8:30 PILATES—Stephanie  
9:00 H2O BOXING—Amal  
9:15 JUST WEIGHT—Jena  
10:30 GENTLE FLOW YOGA—Ken  
4:30 JUST WEIGHT—Rochelle  
5:40 PILATES—Rochelle  
7:00 JUJITSU (fee)

**29**  
6:00 STEP—Mike  
8:30 BOX N' BUILD—Melinda  
9:00 H2O & STRETCH—Amal  
9:35 CORE—Melinda  
10:00 AQUA X—Amal

**30**  
8:00 YOGABASICS—Keelyn

**31**