

JULY 2008

GROUP FITNESS, MAIN ROOM - WEST

Flagstaff Athletic Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Group fitness classes are free to members unless (fee) is written on the schedule.</p>		<p>1</p> <p>6:30 X-TREME—Tabitha 12:15PILLOW & BLANKET YOGA—Ken 1:30 FINE TUNE TRAINING (Fee) 5:00 ON THE BALL—Apolonia 5:30 PILATES—Apolonia 5:35 HYDRO FIT—Ruth 7:00 X-TREME—Greta</p>	<p>2</p> <p>6:00 SUNRISE SCULPT—Rochelle 9:00 JUST WEIGHT—Roxanne 12:00 STEP—Carol 12:45 CORE—Carol 1:15 PILLOW & BLANKET YOGA—Ken 4:30 ZUMBA!—Jimmy 5:30 CARDBOXING—Jimmy 6:45 SUNSET YOGA—Ken 7:30 PLYO YOGA—Ken</p>	<p>3</p> <p>6:30 X-TREME—Tabitha 12:15PILLOW & BLANKET YOGA—Ken 5:00 ON THE BALL—Meghan 5:30 STEP—Meghan 5:35 HYDRO FIT—Ruth 7:00 X-TREME—Robb</p>	<p>4</p> <p>4th OF JULY CLUB HOURS 5AM - 7PM</p>	<p>5</p> <p>8:15 STEP—Mike 9:20 JUST WEIGHT—Rochelle</p>
<p>6</p>	<p>7</p> <p>6:00 SUNRISE SCULPT—Tabitha 9:00 JUST WEIGHT—Roxanne 12:00 STEP—Carol 12:45 ON THE BALL—Kaye 1:15 PILLOW & BLANKET YOGA—Ken 5:30 ZUMBA!—Jimmy 6:45 SUNSET YOGA—Ken</p>	<p>8</p> <p>6:30 X-TREME—Tabitha 12:15PILLOW & BLANKET YOGA—Ken 5:00 ON THE BALL—Flower 5:30 PILATES—Flower 5:35 HYDRO FIT—Ruth 7:00 X-TREME—Greta</p>	<p>9</p> <p>9:00 JUST WEIGHT—Kaye 12:00 STEP—Apolonia 12:45 CORE—Apolonia 1:15 PILLOW & BLANKET YOGA—Ken 5:30 CARDBOXING—Melinda 6:45 SUNSET YOGA—Ken 7:30 PLYO YOGA—Ken</p>	<p>10</p> <p>6:30 X-TREME—Bryan 12:15PILLOW & BLANKET YOGA—Ken 5:00 ON THE BALL—Meghan 5:30 STEP—Meghan 5:35 HYDRO FIT—Ruth 7:00 X-TREME—Robb</p>	<p>11</p> <p>9:00 JUST WEIGHT—Kaye 12:00 POWER STEP—Heather 12:45 CORE—Heather 1:15 PILLOW & BLANKET YOGA—Keelyn</p>	<p>12</p> <p>8:15 STEP—Mike 9:20 JUST WEIGHT—Heather 11:30 PILLOW & BLANKET YOGA—Ken</p>
<p>13</p> <p>2:00 PILLOW & BLANKET YOGA—Ken 5:15 SUNSET YOGA—Ken</p>	<p>14</p> <p>6:00 SUNRISE SCULPT—Tabitha 9:00 JUST WEIGHT—Roxanne 12:00 STEP—Carol 12:45 ON THE BALL—Kaye 1:15 PILLOW & BLANKET YOGA—Ken 5:30 ZUMBA!—Jimmy</p>	<p>15</p> <p>6:30 X-TREME—Tabitha 12:15PILLOW & BLANKET YOGA—Ken 1:30 FINE TUNE TRAINING (Fee) 5:00 ON THE BALL—Apolonia 5:30 PILATES—Apolonia 5:35 HYDRO FIT—Ruth 7:00 X-TREME—Greta</p>	<p>16</p> <p>6:00 SUNRISE SCULPT—Tabitha 9:00 JUST WEIGHT—Roxanne 12:00 STEP—Carol 12:45 CORE—Carol 1:15 PILLOW & BLANKET YOGA—Ken 4:30 ZUMBA!—Jimmy 5:30 CARDBOXING—Jimmy 6:45 SUNSET YOGA—Ken 7:30 PLYO YOGA—Ken</p>	<p>17</p> <p>6:30 X-TREME—Tabitha 12:15PILLOW & BLANKET YOGA—Ken 5:00 ON THE BALL—Meghan 5:30 STEP—Meghan 5:35 HYDRO FIT—Ruth 7:00 X-TREME—Robb</p>	<p>18</p> <p>9:00 JUST WEIGHT—Roxanne 12:00 POWER STEP—Heather 12:45 CORE—Heather 1:15 PILLOW & BLANKET YOGA—Keelyn</p>	<p>19</p> <p>8:15 STEP—Mike 9:20 JUST WEIGHT—Kelly 11:30 PILLOW & BLANKET YOGA—Ken</p>
<p>20</p> <p>2:00 PILLOW & BLANKET YOGA—Ken 5:15 SUNSET YOGA—Ken</p>	<p>21</p> <p>6:00 SUNRISE SCULPT—Tabitha 9:00 JUST WEIGHT—Roxanne 12:00 STEP—Carol 12:45 ON THE BALL—Kaye 1:15 PILLOW & BLANKET YOGA—Ken 5:30 ZUMBA!—Jimmy 6:45 SUNSET YOGA—Ken</p>	<p>22</p> <p>6:30 X-TREME—Tabitha 12:15PILLOW & BLANKET YOGA—Ken 1:30 FINE TUNE TRAINING (Fee) 5:00 ON THE BALL—Flower 5:30 PILATES—Flower 5:35 HYDRO FIT—Ruth 7:00 X-TREME—Greta</p>	<p>23</p> <p>6:00 SUNRISE SCULPT—Rochelle 9:00 JUST WEIGHT—Roxanne 12:00 STEP—Carol 12:45 CORE—Carol 1:15 PILLOW & BLANKET YOGA—Ken 4:30 ZUMBA!—Jimmy 5:30 CARDBOXING—Jimmy 6:45 SUNSET YOGA—Ken 7:30 PLYO YOGA—Ken</p>	<p>24</p> <p>6:30 X-TREME—Tabitha 12:15PILLOW & BLANKET YOGA—Ken 5:00 ON THE BALL—Meghan 5:30 STEP—Meghan 5:35 HYDRO FIT—Ruth 7:00 X-TREME—Robb</p>	<p>25</p> <p>9:00 JUST WEIGHT—Roxanne 12:00 POWER STEP—Heather 12:45 CORE—Heather 1:15 PILLOW & BLANKET YOGA—Keelyn</p>	<p>26</p> <p>8:15 STEP—Mike 9:20 JUST WEIGHT—Roxanne 11:30 PILLOW & BLANKET YOGA—Ken</p>
<p>27</p> <p>2:00 PILLOW & BLANKET YOGA—Ken 5:15 SUNSET YOGA—Ken</p>	<p>28</p> <p>6:00 SUNRISE SCULPT—Tabitha 9:00 JUST WEIGHT—Roxanne 12:00 STEP—Carol 12:45 ON THE BALL—Kaye 1:15 PILLOW & BLANKET YOGA—Ken 5:30 ZUMBA!—Jimmy 6:45 SUNSET YOGA GUIDED MEDITATION—Ken</p>	<p>29</p> <p>6:30 X-TREME—Tabitha 12:15PILLOW & BLANKET YOGA—Ken 1:30 FINE TUNE TRAINING (Fee) 5:00 ON THE BALL—Apolonia 5:30 PILATES—Apolonia 5:35 HYDRO FIT—Ruth 7:00 X-TREME—Greta</p>	<p>30</p> <p>6:00 SUNRISE SCULPT—Rochelle 9:00 JUST WEIGHT—Roxanne 12:00 STEP—Carol 12:45 CORE—Carol 1:15 PILLOW & BLANKET YOGA—Ken 4:30 ZUMBA!—Jimmy 5:30 CARDBOXING—Jimmy 6:45 SUNSET YOGA—Ken 7:30 PLYO YOGA—Ken</p>	<p>31</p> <p>6:30 X-TREME—Tabitha 12:15PILLOW & BLANKET YOGA—Ken 5:00 ON THE BALL—Meghan 5:30 STEP—Meghan 5:35 HYDRO FIT—Ruth 7:00 X-TREME—Robb</p>	<p>Group Fitness schedule also available online at flagstaffathleticclub.com</p>	