

AUGUST 2008

GROUP FITNESS, MAIN ROOM - WEST

Flagstaff Athletic Club

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

Group Fitness schedule also available online at flagstaffathleticclub.com

1
9:00 JUST WEIGHT—Roxanne
12:00 POWER STEP—Heather
12:45 CORE—Heather
1:15 PILLOW & BLANKET YOGA—Keelyn

2
8:15 STEP—Mike
9:20 JUST WEIGHT—Roxanne
11:30 PILLOW & BLANKET YOGA—Ken

3
2:00 PILLOW & BLANKET YOGA—Ken
5:15 SUNSET YOGA—Ken

4
6:00 SUNRISE SCULPT—Tabitha
9:00 JUST WEIGHT—Roxanne
12:00 STEP—Ralyn
12:45 ON THE BALL—Kaye
1:15 PILLOW & BLANKET YOGA—Ken
5:30 ZUMBA!—Jimmy
6:45 SUNSET YOGA—Ken

5
6:30 X-TREME—Tabitha
12:15 PILLOW & BLANKET YOGA—Ken
5:00 ON THE BALL—Apolonia
5:30 PILATES—Apolonia
5:35 HYDRO FIT—Ruth
7:00 X-TREME—Greta

6
6:00 SUNRISE SCULPT—Rochelle
9:00 JUST WEIGHT—Roxanne
12:00 STEP—Ralyn
12:45 CORE—Ralyn
1:15 PILLOW & BLANKET YOGA—Ken
5:30 CARDBOXING—Melinda
6:45 SUNSET YOGA—Ken

7
6:30 X-TREME—Tabitha
12:15 PILLOW & BLANKET YOGA—Ken
5:00 ON THE BALL—Meghan
5:30 STEP—Meghan
5:35 HYDRO FIT—Ruth
7:00 X-TREME—Robb

8
9:00 JUST WEIGHT—Roxanne
12:00 POWER STEP—Heather
12:45 CORE—Heather
1:15 PILLOW & BLANKET YOGA—Keelyn

9
8:15 STEP—Mike
9:20 JUST WEIGHT—Kelly
11:30 PILLOW & BLANKET YOGA—Ken

10
2:00 PILLOW & BLANKET YOGA—Ken
5:15 SUNSET YOGA—Ken

11
6:00 SUNRISE SCULPT—Tabitha
9:00 JUST WEIGHT—Roxanne
12:00 STEP—Ralyn
12:45 ON THE BALL—Kaye
1:15 PILLOW & BLANKET YOGA—Ken
5:30 ZUMBA!—Jimmy

12
6:30 X-TREME—Tabitha
12:15 PILLOW & BLANKET YOGA—Ken
5:00 ON THE BALL—Flower
5:30 PILATES—Flower
5:35 HYDRO FIT—Ruth
7:00 X-TREME—Greta

13
6:00 SUNRISE SCULPT—Rochelle
9:00 JUST WEIGHT—Roxanne
12:00 STEP—Ralyn
12:45 CORE—Ralyn
1:15 PILLOW & BLANKET YOGA—Ken
4:30 ZUMBA!—Jimmy
5:30 CARDBOXING—Jimmy
6:45 SUNSET YOGA—Ken

14
6:30 X-TREME—Tabitha
12:15 PILLOW & BLANKET YOGA—Ken
5:00 ON THE BALL—Meghan
5:30 STEP—Meghan
5:35 HYDRO FIT—Ruth
7:00 X-TREME—Robb

15
9:00 JUST WEIGHT—Roxanne
12:00 POWER STEP—Heather
12:45 CORE—Heather
1:15 PILLOW & BLANKET YOGA—Keelyn

16
8:15 STEP—Mike
9:20 JUST WEIGHT—Stephanie
11:30 PILLOW & BLANKET YOGA—Ken

17
2:00 PILLOW & BLANKET YOGA—Ken
5:15 SUNSET YOGA—Ken

18
6:00 SUNRISE SCULPT—Tabitha
9:00 JUST WEIGHT—Roxanne
12:00 STEP—Ralyn
12:45 ON THE BALL—Kaye
1:15 PILLOW & BLANKET YOGA—Ken
5:30 ZUMBA!—Jimmy
6:45 SUNSET YOGA—Ken

19
6:30 X-TREME—Tabitha
12:15 PILLOW & BLANKET YOGA—Ken
1:30 FINE TUNE TRAINING (Fee)
5:00 ON THE BALL—Ralyn
5:30 PILATES—Ralyn
5:35 HYDRO FIT—Ruth
7:00 X-TREME—Greta

20
6:00 SUNRISE SCULPT—Rochelle
9:00 JUST WEIGHT—Roxanne
12:00 STEP—Ralyn
12:45 CORE—Ralyn
1:15 PILLOW & BLANKET YOGA—Ken
4:30 ZUMBA!—Jimmy
5:30 CARDBOXING—Jimmy
6:45 SUNSET YOGA—Ken

21
6:30 X-TREME—Tabitha
12:15 PILLOW & BLANKET YOGA—Ken
1:30 FINE TUNE TRAINING (Fee)
5:00 ON THE BALL—Ralyn
5:30 STEP—Ralyn
5:35 HYDRO FIT—Ruth
7:00 X-TREME—Robb

22
9:00 JUST WEIGHT—Roxanne
12:00 POWER STEP—Heather
12:45 CORE—Heather
1:15 PILLOW & BLANKET YOGA—Keelyn

23
GO EAST FOR "IT'S A GREAT IDEA WORKOUT!" 8AM - 11:00AM
11:30 PILLOW & BLANKET YOGA—Ken

24
2:00 PILLOW & BLANKET YOGA—Ken
5:15 SUNSET YOGA—Ken
31
2:00 PILLOW & BLANKET YOGA—Ken
5:15 SUNSET YOGA—Ken

25
6:00 SUNRISE SCULPT—Tabitha
9:00 JUST WEIGHT—Roxanne
12:00 STEP—Kelly
12:45 ON THE BALL—Kaye
1:15 PILLOW & BLANKET YOGA—Ken
5:30 ZUMBA!—Jimmy
6:45 SUNSET YOGA—Ken

26
6:30 X-TREME—Tabitha
12:15 PILLOW & 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

27
6:00 SUNRISE SCULPT—Rochelle
9:00 JUST WEIGHT—Roxanne
12:00 STEP—Kelly
12:45 CORE—Kelly
1:15 PILLOW & BLANKET YOGA—Ken
4:30 ZUMBA!—Jimmy
5:30 CARDBOXING—Jimmy
6:45 SUNSET YOGA—Ken

28
6:30 X-TREME—Tabitha
12:15 PILLOW & BLANKET YOGA—Ken
1:30 FINE TUNE TRAINING (Fee)
5:00 ON THE BALL—Meghan
5:30 STEP—Meghan
5:35 HYDRO FIT—Ruth
7:00 X-TREME—Robb

29
9:00 JUST WEIGHT—Roxanne
12:00 POWER STEP—Kelly
12:45 CORE—Kelly

30
8:15 STEP—Mike
9:20 JUST WEIGHT—Rochelle
11:30 PILLOW & BLANKET YOGA—Ken