

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 4:15 YIN YOGA--Jan	2 5:30am BARBELL STRENGTH-Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean	3 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 11:30 SILVER YOGA--Jan	4 5:30 BODYPUMP®—Tommi 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Ely 10:15 ZUMBA!--Kate 4:15 BARRE FUSION 45 --Angie A 5:30 BODYCOMBAT®--Janelle	5 5:30 HIGH FITNESS--Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle	6 5:30 BODYPUMP®—Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	7 8:15 BODYCOMBAT® — Janelle 9:30 JINGLE BARBELLS —Janelle/Jules 11:00 SILVER FITNESS- Maya
8 4:15 SUNDAY YOGA—Erin	9 5:30am BARBELL STRENGTH-Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean	10 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 11:30 SILVER YOGA--Jan 5:15 HIIT--Maya	11 5:30 BODYPUMP®—Tommi 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Angie A 5:30 BODYCOMBAT®--Janelle	12 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle	13 5:30 BODYPUMP® - Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	14 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan
15 4:15 YIN YOGA--Jan	16 5:30 BARBELL STRENGTH-Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Sean/Janelle 6:00 BODYPUMP® 45--Sean/Janelle	17 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 11:30 SILVER YOGA--Jan 5:15 HIIT--Maya	18 5:30 BODYPUMP®—Tommi 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Angie A 5:30 BODYCOMBAT®--Janelle	19 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle	20 5:30 BODYPUMP® --Stephanie 9:00 BODYCOMBAT®--Tommi/Ely 10:15 BODYPUMP®--Ely/Tommi	21 8:30 HOLIDAY PUNCH, PUMP, PILATES!--Kerry/Janelle 11:00 SILVER FITNESS- Maya
22 4:15 SUNDAY YOGA—Erin	23 5:30 BARBELL STRENGTH-Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean	24 <i>Christmas Eve Hours 5am-4pm</i> 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 11:30 SILVER YOGA--Jan	25 <i>Christmas Day Clubs Closed</i>	26 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle	27 5:30 BODYPUMP® --Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely	28 8:15 BODYCOMBAT®--Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Maya
29 4:15 YIN YOGA--Jan	30 5:30 BARBELL STRENGTH--Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00BODYPUMP® 45--Janelle/Sean	31 <i>New Years Eve Hours 5am-6pm</i> 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP® —Rock 10:30 SILVER FITNESS--Jan 12:00 Release and Renew: New Year’s Eve Yoga Flow-ERin	<p>Group Fitness schedule also available at flagstaffathleticclub.com</p> <p>All group fitness classes are free to members.</p> <p>Schedule published on 11/27/24. Check the app or call any Service Desk at 779-4593 for most up to date information.</p>			

DECEMBER 2024

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb	3 6:00 PILATES--Carly 7:15 RISING FLOW--Carly 9:00 PILATES FUSION--Jan 10:15 RPM--Rock 1:30 LUNCHTIME YOGA--Tatiana 5:15 RPM™ --Angie R	4 5:30 RPM--Sean 9:00 WISDOM YOGA--Wendy 5:30 PILATES--Richard	5 6:00 PILATES--Carly 7:15 RISING FLOW--Carly 9:00 PILATES FUSION--Jan 10:15 CYCLING--Robb 1:30 LUNCHTIME YOGA--Tatiana 6:15 EVENING YOGA--Tatiana	6 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	7 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard
8	9 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb	10 6:00 PILATES--Carly 7:15 RISING FLOW--Carly 9:00 PILATES FUSION--Jan 10:15 RPM--Rock 1:30 LUNCHTIME YOGA--Tatiana 5:15 RPM™ --Angie R	11 5:30 RPM--Sean 9:00 WISDOM YOGA--Wendy 5:30 PILATES--Richard	12 6:00 PILATES--Carly 7:15 RISING FLOW--Carly 9:00 PILATES FUSION--Jan 10:15 CYCLING--Robb 1:30 LUNCHTIME YOGA--Tatiana 6:15 EVENING YOGA--Tatiana	13 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	14 8:15 RPM™--Sean/Angie R 9:30 PILATES--Richard
15	16 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb	17 6:00 PILATES--Carly 7:15 RISING FLOW--Carly 9:00 PILATES FUSION-- Jan 10:15 RPM--Rock 1:30 LUNCHTIME YOGA--Tatiana 5:15 RPM™-- Angie R	18 5:30 RPM--Sean 9:00 WISDOM YOGA--Wendy 5:30 PILATES--Richard	19 6:00 PILATES--Carly 7:15 RISING FLOW--Carly 9:00 PILATES FUSION--Jan 10:15 CYCLING--Robb 1:30 LUNCHTIME YOGA--Tatiana 6:15 EVENING YOGA--Tatiana	20 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	21 8:15 RPM™--Sean 9:30 PILATES--Carly
22	23 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb	24 Christmas Eve Hours 5am-4pm 6:00 PILATES--Carly 7:15 RISING FLOW--Carly 9:00 PILATES FUSION-- Jan 10:15 RPM--Rock 1:30 LUNCHTIME YOGA--Carly	25 Christmas Day Clubs Closed	26 6:00 PILATES--Carly 7:15 RISING FLOW--Carly 9:00 PILATES FUSION--Jan 10:15 CYCLING--Robb 1:30 LUNCHTIME YOGA--Carly 6:15 EVENING YOGA--Erin	27 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	28 8:15 RPM™ --Sean 9:30 PILATES--Richard
29	30 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb	31 New Years Eve Hours 5am-6pm 6:00 PILATES--Carly 7:15 RISING FLOW--Carly 9:00 PILATES FUSION-- Jan 10:15 RPM--Rock 11:30 Silver Yoga--Jan 5:00 RPM™ --Angie R	<p>All group fitness classes are free to members. Schedule published on 11/27/24. 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</p>			

DECEMBER 2024

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:45 BODYBALANCE--Angie R 4:00 LES MILLS DANCE®-Kerry	2 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--Carly 3:30 FLEX-ABILITY+CORE--Julie 5:30 ZUMBA!-- Berta	3 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	4 5:30 GRIT™ Strength--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 EVENING YOGA--Tatiana	5 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--Ely 6:00 BODYPUMP® 45--Jules 7:00 ZUMBA!--Berta	6 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	7 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie	
8 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:45 SOULFUSION--Angie A 4:00 LES MILLS DANCE®-Kerry	9 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--Carly 3:30 FLEX-ABILITY+CORE--Julie 5:30 ZUMBA!-- Mickella	10 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	11 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	12 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 & Sole Training--An- gie A 6:00 BODYPUMP® 45--Jules 7:00 ZUMBA!--Berta	13 9:00 BEST of BODYPUMP 2024--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	14 8:15 BODYBALANCE--Ely 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie	
15 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP--Ely 2:45 BODYBALANCE--Angie R 4:00 LES MILLS DANCE®-Kerry	16 5:30 GRIT™ Cardio--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--Carly 3:30 FLEX-ABILITY+CORE—Julie 5:30 ZUMBA!--Berta	17 7:45 FLEX-ABILITY+CORE—Julie 9:00 POOLATES*--Julie 9:00 BEST of BODYPUMP 2024 --Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE STARRE and BALANCE HOLIDAY CHEER--Angie A/Ely 7:00 ZUMBA!--Berta	18 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	19 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--Jules 7:00 ZUMBA!--Berta	20 9:00 BEST of BODYPUMP 2024--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	21 8:15 PEACE, LOVE, YOGA--Carol 9:30 SLEIGH the DANCE FLOOR --Berta/Mickella/Carol/Kate 10:45 FLEX-ABILITY+CORE--Julie	
22 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:45 SOULFUSION--Angie A 4:00 LES MILLS DANCE®-Kerry	23 5:30 GRIT™ Cardio--Stephanie 10:00 AQUA B.A.S.I.C. 45*--Jan 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carly 3:30 FLEX-ABILITY+CORE—Julie 5:30 ZUMBA!--Mickella	24 <i>Christmas Eve Hours 5am-4pm</i> 7:45 FLEX-ABILITY+CORE—Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP®--Tommi 10:45 SilverSneakers® CLASSIC --Julie	25 <i>Christmas Day Clubs Closed</i>	26 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYCOMBAT®--Nicole 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Jan 4:45 BARRE FUSION--Mickella 6:00 BODYPUMP® 45--Jules 7:00 ZUMBA!--Berta	27 9:00 BODYPUMP --Jules 10:00 AQUA B.A.S.I.C. 45*--Julie 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard	28 8:15 UNWIND YOGA--Carly 9:30 ZUMBA!-- Mickella 10:45 FLEX-ABILITY+CORE--Julie	
29 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:45 BODYBALANCE--Angie R 4:00 LES MILLS DANCE®-Kerry	30 5:30 GRIT Athletic-Stephanie 8:30 STEP—Angie A 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Angie A 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carly 3:30 FLEX-ABILITY+CORE—Julie 5:30 ZUMBA!--Mickella	31 <i>New Years Eve Hours 5am-6pm</i> 7:45 FLEX-ABILITY+CORE—Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP®--Angie R 10:45 SilverSneakers® CLASSIC --Julie	Group Fitness schedule also available at flagstaffathleticclub.com All group fitness classes are free to members Schedule published on 11/27/24. Check the app or call any Service Desk at 526-8652 for most up to date information. *Class held at Indoor Pool				

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