

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Group Fitness schedule also available at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a></b>                      All group fitness classes are free to members.                      Schedule published on 12/27/24. Check the app or call any Service Desk at 779-4593 for most up to date information.</p>			<p><b>1</b>                      NEW YEARS DAY HOURS: 7am-6pm                      8:00 SILVER CHALLENGE--Jan                      9:00 BODYPUMP®—Rock                      10:15 ZUMBA!--Kate                      4:15 BARRE FUSION 45                      --Mickella</p>	<p><b>2</b>                      5:30 HIIT!--Ali                      9:00 BODYPUMP®—Rock                      10:30 SILVER FITNESS--Jan                      5:15 SPRINT™ --Sean/Janelle                      6:00 BODYPUMP® —Sean/Janelle</p>	<p><b>3</b>                      5:30 BODYPUMP®—Stephanie                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Ely                      11:30 BODYBALANCE 30--Ely</p>	<p><b>4</b>                      8:15 BODYCOMBAT®                      — Janelle                      9:30 BODYPUMP®                      —Janelle/Sean                      11:00 SILVER FITNESS- Maya</p>
<p><b>5</b>                      4:15 SUNDAY YOGA—Erin</p>	<p><b>6</b> 5:30am BARBELL STRENGTH-Ali                      8:00 SILVER CHALLENGE--Jan                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Tommi                      11:30 BODYBALANCE--Tommi                      1:00 LUNCHTIME YOGA--Tatiana                      4:15 BARRE FUSION 45--Carly                      5:15 SPRINT™--Janelle/Sean                      6:00 BODYPUMP® 45-Janelle/Sean</p>	<p><b>7</b>                      5:30 HIIT!--Ali                      9:00 BODYPUMP®—Rock                      10:30 SILVER FITNESS--Maya                      4:45 HIIT--Maya                      5:30 EVENING YOGA--Tatiana                      6:45 BODYCOMBAT®--Nicole</p>	<p><b>8</b>                      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</p>	<p><b>9</b>                      5:30 HIIT!--Ali                      9:00 BODYPUMP®—Rock                      10:30 SILVER FITNESS--Jan                      5:15 SPRINT™ --Sean/Janelle                      6:00 BODYPUMP® —Sean/Janelle</p>	<p><b>10</b>                      5:30 BODYPUMP® - Stephanie                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Ely                      11:30 BODYBALANCE 30--Tommi</p>	<p><b>11</b>                      8:15 BODYCOMBAT®                      — Janelle                      9:30 BODYPUMP®                      —Janelle/Sean                      11:00 SILVER FITNESS- Maya</p>
<p><b>12</b>                      4:15 SUNDAY YOGA—Erin</p>	<p><b>13</b> 5:30 BARBELL STRENGTH-Ali                      8:00 SILVER CHALLENGE--Jan                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Tommi                      11:30 BODYBALANCE--Tommi                      1:00 LUNCHTIME YOGA--Tatiana                      4:15 BARRE FUSION 45---Carly                      5:15 SPRINT™--Sean/Janelle                      6:00 BODYPUMP® 45-Sean/Janelle</p>	<p><b>14</b>                      5:30 HIIT!--Ali                      9:00 BODYPUMP®—Rock                      10:30 SILVER FITNESS--Jan                      11:30 SILVER YOGA--Jan                      4:45 HIIT--Maya                      5:30 EVENING YOGA--Tatiana                      6:45 BODYCOMBAT®--Nicole</p>	<p><b>15</b>                      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</p>	<p><b>16</b>                      5:30 HIIT!--Ali                      9:00 BODYPUMP®—Rock                      10:30 SILVER FITNESS--Jan                      5:15 SPRINT™ --Sean/Janelle                      6:00 BODYPUMP® —Sean/Janelle</p>	<p><b>17</b>                      5:30 BODYPUMP® --Stephanie                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Ely                      11:30 BODYBALANCE 30--Ely</p>	<p><b>18</b>                      8:15 BODYCOMBAT®                      — Janelle                      9:30 BODYPUMP®                      —Janelle/Sean                      11:00 SILVER FITNESS- Maya</p>
<p><b>19</b>                      4:15 SUNDAY YOGA—Erin</p>	<p><b>20</b> 5:30 BARBELL STRENGTH-Ali                      8:00 SILVER CHALLENGE--Jan                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Tommi                      11:30 BODYBALANCE--Tommi                      1:00 LUNCHTIME YOGA--Tatiana                      4:15 BARRE FUSION 45---Carly                      5:15 SPRINT™--Janelle/Sean                      6:00 BODYPUMP® 45--Janelle/Sean</p>	<p><b>21</b>                      5:30 HIIT!--Ali                      9:00 BODYPUMP®—Rock                      10:30 SILVER FITNESS--Jan                      11:30 SILVER YOGA--Jan                      4:45 HIIT--Maya                      5:30 EVENING YOGA--Tatiana                      6:45 BODYCOMBAT®--Nicole</p>	<p><b>22</b>                      5:30 BODYPUMP®—Tommi                      8:00 SILVER CHALLENGE--Jan                      9:00 BODYPUMP®—Rock                      10:15 ZUMBA!--Kate                      4:15 BARRE FUSION 45                      --Angie A                      5:30 BODYCOMBAT®--Janelle</p>	<p><b>23</b>                      5:30 HIIT!--Ali                      9:00 BODYPUMP®—Rock                      10:30 SILVER FITNESS--Jan                      5:15 SPRINT™ --Sean/Janelle                      6:00 BODYPUMP® —Sean/Janelle</p>	<p><b>24</b>                      5:30 BODYPUMP® --Stephanie                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Ely                      11:30 BODYBALANCE 30--Ely</p>	<p><b>25</b>                      9:30 PILATES--Richard                      11:00 SILVER FITNESS- Jan</p>
<p><b>26</b>                      4:15 SUNDAY YOGA—Erin</p>	<p><b>27</b> 5:30 BARBELL STRENGTH--Ali                      8:00 SILVER CHALLENGE--Jan                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Tommi                      11:30 BODYBALANCE--Tommi                      1:00 LUNCHTIME YOGA--Tatiana                      4:15 BARRE FUSION 45---Carly                      5:15 SPRINT™--Janelle/Sean                      6:00BODYPUMP® 45--Janelle/Sean</p>	<p><b>28</b>                      5:30 HIGH FITNESS-Ali                      9:00 BODYPUMP®—Rock                      10:30 SILVER FITNESS--Jan                      11:30 SILVER YOGA--Jan                      4:45 HIIT--Maya                      5:30 EVENING YOGA--Tatiana                      6:45 BODYCOMBAT®--Nicole</p>	<p><b>29</b>                      5:30 BODYPUMP®—Tommi                      8:00 SILVER CHALLENGE--Jan                      9:00 BODYPUMP®—Rock                      10:15 ZUMBA!--Kate                      4:15 BARRE/PILATES FUSION 45                      --Mickella                      5:30 BODYCOMBAT®--Janelle</p>	<p><b>30</b>                      5:30 HIGH FITNESS-Ali                      9:00 BODYPUMP®—Rock                      10:30 SILVER FITNESS--Jan                      5:15 SPRINT™ --Sean/Janelle                      6:00 BODYPUMP® —Sean/Janelle</p>	<p><b>31</b>                      5:30 BODYPUMP® --Stephanie                      9:00 BODYCOMBAT®--Tommi                      10:15 BODYPUMP®--Ely                      11:30 BODYBALANCE 30--Ely</p>	

# JANUARY 2025

# GROUP FITNESS DIAMOND ROOM - WEST

# FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All group fitness classes are free to members.                      Schedule published on 1/3/24. Check the app or call any Service Desk at 779-4593 for most up to date information.  <b>Group Fitness Schedules also available online at <a href="http://flagstaffathleticclub.com/schedules">flagstaffathleticclub.com/schedules</a></b>  <b>**Les Mills New Release</b></p>			<p><b>1</b>                      New Years Day Hours 7am-6pm                      9:00 WISDOM YOGA--Wendy                      10:15 BODYBALANCE--Angie R</p>	<p><b>2</b>                      9:00 PILATES FUSION--Jan                      10:15 CYCLING--Ali                      1:30 ALIGN&amp;FLOW YOGA--Carly                      2:45 PILATES--Carly</p>	<p><b>3</b>                      9:00 YIN YOGA--Jan                      5:30 pm FRIDAY FULL PSYCLE                      --Darrin</p>	<p><b>4</b>                      8:15 RPM™-Angie R/Sean                      9:30 PILATES--Richard</p>
<p><b>5</b>                      11:00 ALIGN&amp;FLOW YOGA                      --Carly                      12:15 PILATES--Carly</p>	<p><b>6</b>                      9:00 WISDOM YOGA--Wendy                      12:00 CYCLING--Robb</p>	<p><b>7</b>                      10:15 BODYBALANCE--Rock                      1:30 ALIGN&amp;FLOW YOGA--Carly                      2:45 PILATES--Carly                      5:15 RPM™ --Angie R                      6:15 BODYBALANCE--Angie R</p>	<p><b>8</b>                      5:30 RPM--Sean                      9:00 WISDOM YOGA--Wendy                      1:00 LUNCHTIME YOGA--Tatiana                      5:30 PILATES--Richard</p>	<p><b>9</b>                      9:00 PILATES FUSION--Jan                      10:15 CYCLING--Ali                      1:30 ALIGN&amp;FLOW YOGA--Carly                      2:45 PILATES--Carly                      6:00 EVENING YOGA--Tatiana</p>	<p><b>10</b>                      9:00 YIN YOGA--Jan                      5:30 pm FRIDAY FULL PSYCLE                      --Darrin</p>	<p><b>11</b>                      8:15 RPM™-Sean/Angie R                      9:30 PILATES--Richard</p>
<p><b>12</b>                      11:00 ALIGN&amp;FLOW YOGA                      --Carly                      12:15 PILATES--Carly</p>	<p><b>13</b>                      9:00 WISDOM YOGA--Wendy                      12:00 CYCLING--Robb</p>	<p><b>14</b>                      9:00 PILATES FUSION-- Jan                      10:15 BODYBALANCE--Rock                      1:30 ALIGN&amp;FLOW YOGA--Carly                      2:45 PILATES--Carly                      5:15 RPM™-- Angie R                      6:15 BODYBALANCE--Angie R</p>	<p><b>15</b>                      5:30 RPM--Sean                      9:00 WISDOM YOGA--Wendy                      1:00 LUNCHTIME YOGA--Tatiana                      5:30 PILATES--Richard</p>	<p><b>16</b>                      9:00 PILATES FUSION--Jan                      10:15 CYCLING--Ali                      1:30 ALIGN&amp;FLOW YOGA--Carly                      2:45 PILATES--Carly                      6:00 EVENING YOGA--Tatiana</p>	<p><b>17</b>                      9:00 YIN YOGA--Jan                      5:30 pm FRIDAY FULL PSYCLE                      --Darrin</p>	<p><b>18</b>                      8:15 RPM™--Sean/Angie                      9:30 PILATES--Richard</p>
<p><b>19</b>                      11:00 ALIGN&amp;FLOW YOGA                      --Carly                      12:15 PILATES--Carly</p>	<p><b>20</b>                      9:00 WISDOM YOGA--Wendy                      12:00 CYCLING--Robb</p>	<p><b>21</b>                      9:00 PILATES FUSION-- Jan                      10:15 BODYBALANCE--Rock                      1:30 ALIGN&amp;FLOW YOGA--Carly                      2:45 PILATES--Carly                      5:15 RPM™ --Angie R                      6:15 BODYBALANCE--Angie R</p>	<p><b>22</b>                      5:30 CYCLING--Sean                      9:00 WISDOM YOGA--Wendy                      1:00 LUNCHTIME YOGA--Tatiana                      5:30 PILATES--Richard</p>	<p><b>23</b>                      9:00 PILATES FUSION--Jan                      10:15 CYCLING--Ali                      1:30 ALIGN&amp;FLOW YOGA--Carly                      2:45 PILATES--Carly                      6:00 EVENING YOGA--Tatiana</p>	<p><b>24</b>                      9:00 YIN YOGA--Jan                      5:30 pm FRIDAY FULL PSYCLE                      --Darrin</p>	<p><b>25</b>                      8:15 <b>**RPM™</b> --Sean/Angie                      9:00 <b>** SPRINT</b>--Sean/Janelle</p>
<p><b>26</b>                      11:00 ALIGN&amp;FLOW YOGA                      --Carly                      12:15 PILATES--Carly</p>	<p><b>27</b>                      9:00 WISDOM YOGA--Wendy                      12:00 CYCLING--Robb</p>	<p><b>28</b>                      9:00 PILATES FUSION-- Jan                      10:15 BODYBALANCE--Rock                      1:30 ALIGN&amp;FLOW YOGA--Carol                      2:45 PILATES--Carol                      5:15 RPM™ --Angie R                      6:15 BODYBALANCE--Angie R</p>	<p><b>29</b>                      5:30 CYCLING--Sean                      9:00 WISDOM YOGA--Wendy                      1:00 LUNCHTIME YOGA--Tatiana                      5:30 PILATES--Richard</p>	<p><b>30</b>                      9:00 PILATES FUSION--Jan                      10:15 CYCLING--Ali                      1:30 ALIGN&amp;FLOW YOGA--Jan                      2:45 PILATES--Jan                      6:00 EVENING YOGA--Tatiana</p>	<p><b>31</b>                      9:00 YIN YOGA--Jan                      5:30 pm FRIDAY FULL PSYCLE                      --Darrin</p>	

JANUARY 2025

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Group Fitness schedule also available at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a></b></p> <p>All group fitness classes are free to members</p> <p>Schedule published on 12/28/24. Check the app or call any Service Desk at 526-8652 for most up to date information.</p> <p>*Class held at Indoor Pool</p>			<p><b>1</b></p> <p>NEW YEARS DAY HOURS: 7am-6pm</p> <p>10:00 AQUA B.A.S.I.C. 45*--Julie</p> <p>11:00 M &amp; S 50—Julie</p> <p>3:30 FLEX-ABILITY+CORE--Julie</p>	<p><b>2</b></p> <p>7:45 FLEX-ABILITY+CORE--Julie</p> <p>9:00 BODYCOMBAT®--Nicole</p> <p>9:00 POOLATES*--Julie</p> <p>10:45 SilverSneakers® CLASSIC--Julie</p> <p>12:15 LUNCHTIME YOGA--Michael</p> <p>4:45 BARRE FUSION &amp; Sole Training --Angie A</p> <p>6:00 BODYPUMP® 45--Jules</p> <p>7:00 ZUMBA!--Berta</p>	<p><b>3</b></p> <p>9:00 BODYPUMP®--Angie R</p> <p>10:00 AQUA B.A.S.I.C.45*--Julie</p> <p>10:30 BEG STEP 30--Angie A</p> <p>11:30 MOVEMENT &amp; STRENGTH--Julie</p> <p>12:45 SilverSneakers® CLASSIC--Julie</p> <p>5:30 PILATES--Richard</p>	<p><b>4</b></p> <p>8:15 UNWIND YOGA--Carol</p> <p>9:30 ZUMBA!--Mickella</p> <p>10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>5</b></p> <p>9:00 BODYCOMBAT® — Ely</p> <p>10:15 BODYPUMP® —Ely</p> <p>2:45 BODYBALANCE--Angie R</p>	<p><b>6</b></p> <p>5:30 GRIT Athletic-Stephanie</p> <p>8:30 STEP—Carol</p> <p>10:00 AQUA B.A.S.I.C. 45*--Jan</p> <p>10:00 BEG STEP 30—Carol</p> <p>11:00 M &amp; S 50--Julie</p> <p>12:15 LUNCHTIME YOGA--Carol</p> <p>3:30 FLEX-ABILITY+CORE--Julie</p> <p>5:30 ZUMBA!-- tbd</p>	<p><b>7</b></p> <p>7:45 FLEX-ABILITY+CORE—Julie</p> <p>9:00 POOLATES*--Julie</p> <p>9:00 BODYPUMP®--Angie R</p> <p>10:45 SilverSneakers® CLASSIC --Julie</p> <p>12:15 LUNCHTIME YOGA--Michael</p> <p>4:45 BARRE 100's--Angie A</p> <p>6:00 BODYPUMP® 45--Ely</p> <p>7:00 ZUMBA!--Berta</p>	<p><b>8</b></p> <p>5:30 GRIT Strength--Stephanie</p> <p>8:30 STEP—Laurie</p> <p>10:00 AQUA B.A.S.I.C. 45*--Julie</p> <p>10:00 BEG STEP 30—Laurie</p> <p>11:00 M &amp; S 50—Julie</p> <p>12:15 LUNCHTIME YOGA--Carol</p> <p>3:30 FLEX-ABILITY+CORE--Julie</p> <p>5:30 EVENING YOGA--Tatiana</p>	<p><b>9</b></p> <p>7:45 FLEX-ABILITY+CORE--Julie</p> <p>9:00 BODYCOMBAT®--Nicole</p> <p>9:00 POOLATES*--Julie</p> <p>10:45 SilverSneakers® CLASSIC--Julie</p> <p>12:15 LUNCHTIME YOGA--Michael</p> <p>4:45 BARRE FUSION--Angie A</p> <p>6:00 BODYPUMP® 45--Jules</p> <p>7:00 ZUMBA!--Berta</p>	<p><b>10</b></p> <p>9:00 BODYPUMP®--Angie R/Jules</p> <p>10:00 AQUA B.A.S.I.C.45*--Julie</p> <p>10:30 BEG STEP 30--Laurie</p> <p>11:30 MOVEMENT &amp; STRENGTH--Julie</p> <p>12:45 SilverSneakers® CLASSIC--Julie</p> <p>5:30 PILATES--Richard</p>	<p><b>11</b></p> <p>8:15 UNWIND YOGA--Carol</p> <p>9:30 LATIN DANCE!--Carol</p> <p>10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>12</b></p> <p>9:00 BODYCOMBAT® — Ely</p> <p>10:15 BODYPUMP--Ely</p> <p>2:45 SOULFUSION--Angie A</p>	<p><b>13</b></p> <p>5:30 GRIT™ Athletic--Stephanie</p> <p>8:30 STEP—Laurie</p> <p>10:00 AQUA B.A.S.I.C. 45*--Jan</p> <p>10:00 BEG STEP 30—Laurie</p> <p>11:00 M &amp; S 50--Julie</p> <p>12:15 LUNCHTIME YOGA--Carol</p> <p>3:30 FLEX-ABILITY+CORE—Julie</p> <p>5:30 ZUMBA!--Mickella</p>	<p><b>14</b></p> <p>7:45 FLEX-ABILITY+CORE—Julie</p> <p>9:00 POOLATES*--Julie</p> <p>9:00 BODYPUMP®--Angie R</p> <p>10:45 SilverSneakers® CLASSIC --Julie</p> <p>12:15 LUNCHTIME YOGA--Michael</p> <p>4:45 BARRE ABOVE--Angie A</p> <p>6:00 BODYPUMP® 45--Ely</p> <p>7:00 ZUMBA!--Berta</p>	<p><b>15</b></p> <p>5:30 GRIT™ Strength--Kristi</p> <p>8:30 STEP—Laurie</p> <p>10:00 AQUA B.A.S.I.C. 45*--Julie</p> <p>10:00 BEG STEP 30—Laurie</p> <p>11:00 M &amp; S 50—Julie</p> <p>12:15 LUNCHTIME YOGA--Carol</p> <p>3:30 FLEX-ABILITY+CORE--Julie</p> <p>5:30 EVENING YOGA--Tatiana</p>	<p><b>16</b></p> <p>7:45 FLEX-ABILITY+CORE--Julie</p> <p>9:00 BODYCOMBAT®--Nicole</p> <p>9:00 POOLATES*--Julie</p> <p>10:45 SilverSneakers® CLASSIC--Julie</p> <p>12:15 LUNCHTIME YOGA--Michael</p> <p>4:45 BARRE FUSION--Angie A</p> <p>6:00 BODYPUMP® 45--Jules</p> <p>7:00 ZUMBA!--Berta</p>	<p><b>17</b></p> <p>9:00 BODYPUMP®--Angie R</p> <p>10:00 AQUA B.A.S.I.C.45*--Julie</p> <p>10:30 BEG STEP 30--Laurie</p> <p>11:30 MOVEMENT &amp; STRENGTH--Julie</p> <p>12:45 SilverSneakers® CLASSIC--Julie</p> <p>5:30 PILATES--Richard</p>	<p><b>18</b></p> <p>8:15 UNWIND YOGA--Carol</p> <p>9:30 LATIN DANCE--Carol</p> <p>10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>19</b></p> <p>9:00 BODYCOMBAT® — Ely</p> <p>10:15 BODYPUMP® —Ely</p> <p>2:45 BODYBALANCE--Angie R</p>	<p><b>20</b></p> <p>5:30 GRIT™ Cardio--Stephanie</p> <p>8:30 STEP—Laurie</p> <p>10:00 AQUA B.A.S.I.C. 45*--Jan</p> <p>10:00 BEG STEP 30—Laurie</p> <p>11:00 M &amp; S 50--Julie</p> <p>12:15 LUNCHTIME YOGA--Carol</p> <p>3:30 FLEX-ABILITY+CORE—Julie</p> <p>5:30 ZUMBA!--Mickella</p>	<p><b>21</b></p> <p>7:45 FLEX-ABILITY+CORE—Julie</p> <p>9:00 POOLATES*--Julie</p> <p>9:00 BODYPUMP®--Angie R</p> <p>10:45 SilverSneakers® CLASSIC --Julie</p> <p>12:15 LUNCHTIME YOGA--Michael</p> <p>4:45 BARRE ABOVE--Angie A</p> <p>6:00 BODYPUMP® 45--Ely</p> <p>7:00 ZUMBA!--Berta</p>	<p><b>22</b></p> <p>5:30 GRIT™ Strength--Kristi</p> <p>8:30 STEP—Laurie</p> <p>10:00 AQUA B.A.S.I.C. 45*--Julie</p> <p>10:00 BEG STEP 30—Laurie</p> <p>11:00 M &amp; S 50—Julie</p> <p>12:15 LUNCHTIME YOGA--Carol</p> <p>3:30 FLEX-ABILITY+CORE--Julie</p> <p>5:30 EVENING YOGA--Tatiana</p>	<p><b>23</b></p> <p>7:45 FLEX-ABILITY+CORE--Julie</p> <p>9:00 POOLATES*--Julie</p> <p>9:00 BODYCOMBAT®--Nicole</p> <p>10:45 SilverSneakers® CLASSIC--Julie</p> <p>12:15 LUNCHTIME YOGA--Michael</p> <p>4:45 BARRE FUSION--Angie A</p> <p>6:00 BODYPUMP® 45--Jules</p> <p>7:00 ZUMBA!--Berta</p>	<p><b>24</b></p> <p>9:00 BODYPUMP®--Angie R</p> <p>10:00 AQUA B.A.S.I.C.45*--Julie</p> <p>10:30 BEG STEP 30--Laurie</p> <p>11:30 MOVEMENT &amp; STRENGTH--Julie</p> <p>12:45 SilverSneakers® CLASSIC--Julie</p> <p>5:30 PILATES--Richard</p>	<p><b>25</b></p> <p>8:15 UNWIND YOGA--Carol</p> <p>9:30 ZUMBA!-- Kate</p> <p>10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>26</b></p> <p>9:00 BODYCOMBAT® — Ely</p> <p>10:15 BODYPUMP® —Ely</p> <p>2:45 BODYBALANCE--Angie R</p>	<p><b>27</b></p> <p>5:30 GRIT Cardio-Stephanie</p> <p>8:30 STEP—Laurie</p> <p>10:00 AQUA B.A.S.I.C. 45*--Jan</p> <p>10:00 BEG STEP 30—Laurie</p> <p>11:00 M &amp; S 50--Julie</p> <p>12:15 LUNCHTIME YOGA--Carol</p> <p>3:30 FLEX-ABILITY+CORE—Julie</p> <p>5:30 ZUMBA!--Mickella</p>	<p><b>28</b></p> <p>7:45 FLEX-ABILITY+CORE—Julie</p> <p>9:00 POOLATES*--Julie</p> <p>9:00 BODYPUMP®--Angie R</p> <p>10:45 SilverSneakers® CLASSIC --Julie</p> <p>12:15 LUNCHTIME YOGA--Michael</p> <p>4:45 STARRE--Angie A</p> <p>6:00 BODYPUMP® 45--Ely</p> <p>7:00 ZUMBA!--Berta</p>	<p><b>29</b></p> <p>5:30 GRIT™ Strength--Kristi</p> <p>8:30 STEP—Laurie</p> <p>10:00 AQUA B.A.S.I.C. 45*--Julie</p> <p>10:00 BEG STEP 30—Laurie</p> <p>11:00 M &amp; S 50—Julie</p> <p>12:15 LUNCHTIME YOGA--Carol</p> <p>3:30 FLEX-ABILITY+CORE--Julie</p> <p>5:30 EVENING YOGA--Tatiana</p>	<p><b>30</b></p> <p>7:45 FLEX-ABILITY+CORE--Julie</p> <p>9:00 BODYCOMBAT®--Nicole</p> <p>9:00 POOLATES*--Julie</p> <p>10:45 SilverSneakers® CLASSIC--Julie</p> <p>12:15 LUNCHTIME YOGA--Michael</p> <p>4:45 BARRE FUSION--Angie A</p> <p>6:00 BODYPUMP® 45--Jules</p> <p>7:00 ZUMBA!--Berta</p>	<p><b>31</b></p> <p>9:00 BODYPUMP®--Angie R</p> <p>10:00 AQUA B.A.S.I.C.45*--Julie</p> <p>10:30 BEG STEP 30--Laurie</p> <p>11:30 MOVEMENT &amp; STRENGTH--Julie</p> <p>12:45 SilverSneakers® CLASSIC--Julie</p> <p>5:30 PILATES--Richard</p>	

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