

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

**JULY 2024**

**GROUP FITNESS DIAMOND ROOM - WEST**

**FLAGSTAFF ATHLETIC CLUB**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:00 WISDOM YOGA--Wendy	<b>2</b> 6:00 PILATES--Richard 9:00 PILATES FUSION--Jan 10:15 TRX--Robb 1:30 LUNCHTIME YOGA--Jan 5:15 RPM™ --Angie R 6:15 YOGA/PILATES FUSION --Kristina	<b>3</b> 9:00 WISDOM YOGA--Wendy	<b>4</b> 6:00 PILATES--Richard 9:00 WISDOM YOGA--Jan 10:15 SPRINT--Sean/Janelle	<b>5</b> 9:00 YIN YOGA--Jan 10:15 PILATES FUSION--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	<b>6</b> 8:15 RPM™--Sean/Angie R 9:30 PILATES--Richard
<b>7</b>	<b>8</b> 9:00 WISDOM YOGA--Wendy	<b>9</b> 6:00 PILATES--Richard 9:00 PILATES FUSION--Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Jan 5:15 RPM™ --Angie R 6:15 YOGA/PILATES FUSION --Kristina	<b>10</b> 9:00 WISDOM YOGA--Wendy	<b>11</b> 6:00 PILATES--Richard 9:00 WISDOM YOGA--Jan 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Michael 6:15 BODYBALANCE--Tommi	<b>12</b> 9:00 YIN YOGA--Jan 10:15 PILATES FUSION--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	<b>13</b> 8:15 RPM™--Sean 9:30 PILATES--Richard
<b>14</b>	<b>15</b> 9:00 WISDOM YOGA--Wendy	<b>16</b> 6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Jan 5:15 RPM™-- Angie R 6:15 YOGA/PILATES FUSION --Kristina	<b>17</b> 9:00 WISDOM YOGA--Wendy	<b>18</b> 6:00 PILATES--Richard 9:00 WISDOM YOGA--Jan 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Michael 6:15 BODYBALANCE--Ely	<b>19</b> 9:00 YIN YOGA--Jan 10:15 PILATES FUSION--Jan 5:30 pm RPM--Angie R	<b>20</b> 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard
<b>21</b>	<b>22</b> 9:00 WISDOM YOGA--Wendy	<b>23</b> 6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Jan 5:15 RPM™--Sean 6:15 YOGA/PILATES FUSION --Kristina	<b>24</b> 9:00 WISDOM YOGA--Wendy	<b>25</b> 6:00 PILATES--Richard 9:00 WISDOM YOGA--Jan 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Michael 6:15 BODYBALANCE--Tommi	<b>26</b> 9:00 YIN YOGA--Jan 10:15 PILATES FUSION--Jan 5:30 pm RPM--Sean	<b>27</b> 7:30 SPRINT--Sean/Janelle 8:15 RPM™--Sean 9:30 PILATES--Richard
<b>28</b>	<b>29</b> 9:00 WISDOM YOGA--Wendy	<b>30</b> 6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Jan 5:15 RPM™--Sean 6:15 YOGA/PILATES FU- SION--Kristina	<b>31</b> 9:00 WISDOM YOGA--Wendy	<p><b>Group Fitness schedule also available at</b>  <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a>                      All group fitness classes are free to members unless marked (fee)                      Schedule published on 6/28/24. Check the app or call any Service Desk at 779-4593 for most up to date information.</p>		

JULY 2024

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p><b>1</b> 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 &amp; S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 ZUMBA!--Mickella</p>	<p><b>2</b> 7:45 FLEX-ABILITY+CORE—Julie 9:00 POOLATES*-- Julie 9:00 BODYPUMP®: Red White and Boom!--Angie R/Jules 10:45 SilverSneakers® CLASSIC --Julie 4:45 BARRE 100's--Angie A 6:00 BODYPUMP® 45--Tommi 7:00 BODYBALANCE 30--Tommi</p>	<p><b>3</b> 5:30 GRIT STRENGTH--Kristi 10:00 AQUA B.A.S.I.C. 45*--Julie 11:00 M &amp; S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Erin</p>	<p><b>4</b> 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYCOMBAT®-- Nicole 10:45 SilverSneakers® CLASSIC--Julie</p>	<p><b>5</b> 8:45 AQUA B.A.S.I.C.45***--Richard 9:00 BODYPUMP --Angie R 10:00 AQUA B.A.S.I.C.45*--Julie 11:30 MOVEMENT &amp; STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	<p><b>6</b> 8:15 UNWIND YOGA--Carol 9:30 BLACKLIGHT ZUMBA! --Kate 10:45 FLEX-ABILITY+CORE--Julie</p>	
<p><b>7</b> 9:00 BODYCOMBAT® —Ely 10:15 BODYPUMP® —Ely 2:45 BODYBALANCE--Angie R 4:00 ZUMBA!--Melissa</p>	<p><b>8</b> 5:30 GRIT Athletic-Stephanie 8:30 STEP—Dayne 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Dayne 11:00 M &amp; S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 ZUMBA!--Mickella</p>	<p><b>9</b> 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--Mickella 6:00 BODYPUMP® 45--Ely 7:00 BODYBALANCE 30--Ely</p>	<p><b>10</b> 5:30 GRIT Strength--Kristi 8:30 STEP—Dayne 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30—Dayne 11:00 M &amp; S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Erin</p>	<p><b>11</b> 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--Mickella 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Melissa</p>	<p><b>12</b> 8:45 AQUA B.A.S.I.C.45***--Richard 9:00 BODYPUMP--Kerry 10:00 AQUA B.A.S.I.C.45*--Julie 11:30 MOVEMENT &amp; STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	<p><b>13</b> 8:15 YOGA/PILATES FUSION --Kristina 9:30 ZUMBA!--Mickella 10:45 FLEX-ABILITY+CORE--Julie</p>	
<p><b>14</b> 9:00 BODYCOMBAT® —Ely 10:15 BODYPUMP--Ely 2:45 BODYBALANCE--Rock 4:00 ZUMBA!--Melissa</p>	<p><b>15</b> 5:30 GRIT™ Cardio--Kristi 8:30 STEP—Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Laurie 11:00 M &amp; S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 5:30 ZUMBA!-- Mickella</p>	<p><b>16</b> 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--Mickella 6:00 BODYPUMP® 45--Ely 7:00 BODYBALANCE 30--Ely</p>	<p><b>17</b> 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 &amp; S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Erin</p>	<p><b>18</b> 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!--Melissa</p>	<p><b>19</b> 8:45 AQUA B.A.S.I.C.45***--Richard 9:00 BODYPUMP-Angie R 10:00 AQUA B.A.S.I.C. 45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT &amp; STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	<p><b>20</b> 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Mickella 10:45 FLEX-ABILITY+CORE--Dayne</p>	
<p><b>21</b> 9:00 BODYCOMBAT® —Ely 10:15 BODYPUMP® —Ely 2:45 BODYBALANCE--Angie R 4:00 ZUMBA!--Melissa</p>	<p><b>22</b> 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 &amp; S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 5:30 ZUMBA!--Mickella</p>	<p><b>23</b> 7:45 FLEX-ABILITY+CORE—Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP®--Ely 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP® 45--Ely 7:00 BODYBALANCE 30--Ely</p>	<p><b>24</b> 5:30 GRIT™ Strength--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP—Laurie 11:00 M &amp; S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Carol</p>	<p><b>25</b> 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYCOMBAT®--Nicole 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Melissa</p>	<p><b>26</b> 8:45 AQUA B.A.S.I.C.45***--Richard 9:00 BODYPUMP-Kate 10:00 AQUA B.A.S.I.C. 45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT &amp; STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	<p><b>27</b> 8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE!-- Carol 10:45 FLEX-ABILITY+CORE--Julie</p>	
<p><b>28</b> 8:15 GRIT--Kristi 9:00 Les Mills Dance 30--Dayne 9:45 BODYCOMBAT 30®—Ely 10:30 BODYPUMP®30—Ely 11:15 BODYBALANCE-- Tommi 2:45 SOULFUSION--Angie A 4:00 ZUMBA!--Melissa</p>	<p><b>29</b> 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 &amp; S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 5:30 ZUMBA--Kate</p>	<p><b>30</b> 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP®--Ely 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 STARRE--Angie A 6:00 BODYPUMP® 45--Ely 7:00 BODYBALANCE 30--Ely</p>	<p><b>31</b> 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 &amp; S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Erin</p>	<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 6/28/24. Check the app or call any Service Desk at 526-8652 for most up to date information. *Class held at Indoor Pool ***Class held in Outdoor Pool</p>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>5:30pm PILATES--Richard</p>	<p>2</p> <p>5:30am CYCLEFIT--Rochelle</p> <p>9:15 CYCLING—Laurie</p> <p>10:45 MOVE ‘n GROOVE--Kate</p> <p>5:00 BODYCOMBAT®--Nicole</p>	<p>3</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>10:00 RPM--Angie R</p> <p>11:00 LES MILLS DANCE® --Jules</p> <p>5:30 LES MILLS DANCE® --Dayne</p>	<p>4</p> <p>7:30 BODYBALANCE--Tommi</p>	<p>5</p> <p>10:15 ZUMBA!-- Kate</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>9:00 TRX FULL BODY TRAINING --Maddox</p> <p>5:30pm PILATES--Richard</p>	<p>9</p> <p>5:30am CYCLEFIT--Rochelle</p> <p>9:15 CYCLING--Laurie</p> <p>10:45 MOVE ‘n GROOVE--Carol</p> <p>5:00 BODYCOMBAT®--Nicole</p>	<p>10</p> <p>9:00 TRX FULL BODY TRAINING --Maddox</p> <p>10:00 CYCLING--Rochelle</p> <p>11:00 LES MILLS DANCE® --Dayne</p> <p>5:30 LES MILLS DANCE®--Dayne</p>	<p>11</p> <p>5:30am CYCLEFIT--Rochelle</p> <p>7:30 BODYBALANCE--Tommi</p> <p>9:15 CYCLING--Rochelle</p> <p>10:45 MOVE ‘n GROOVE --Carol</p>	<p>12</p> <p>9:00 ADVANCED TRX FULL BODY TRAINING--Maya</p> <p>10:15 LES MILLS DANCE®-Dayne</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>5:30pm PILATES--Richard</p>	<p>16</p> <p>5:30am CYCLEFIT--Rochelle</p> <p>9:15 CYCLING—Laurie</p> <p>10:45 MOVE ‘n GROOVE--Carol</p> <p>5:00 BODYCOMBAT®--Nicole</p>	<p>17</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>10:00 RPM--Angie R</p> <p>11:00 LES MILLS DANCE® --Jules</p> <p>5:30 LES MILLS DANCE® --Dayne</p>	<p>18</p> <p>5:30am CYCLEFIT--Rochelle</p> <p>7:30 BODYBALANCE--Ely</p> <p>9:15 CYCLING—Laurie</p> <p>10:45 MOVE ‘n GROOVE--Laurie</p>	<p>19</p> <p>9:00 ADVANCED TRX FULL BODY TRAINING--Robb</p> <p>10:15 LES MILLS DANCE®-Dayne</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>5:30pm PILATES--Richard</p>	<p>23</p> <p>5:30am CYCLEFIT--Rochelle</p> <p>9:15 CYCLING—Laurie</p> <p>10:45 MOVE ‘n GROOVE--Carol</p> <p>5:00 BODYCOMBAT®--Nicole</p>	<p>24</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>10:00 RPM--Ely</p> <p>11:00 LES MILLS DANCE® -- Jules</p> <p>5:30 LES MILLS DANCE®--Dayne</p>	<p>25</p> <p>5:30am CYCLEFIT--Rochelle</p> <p>7:30 BODYBALANCE--Tommi</p> <p>9:15 CYCLING—Laurie</p> <p>10:45 MOVE ‘n GROOVE--Laurie</p>	<p>26</p> <p>9:00 ADVANCED TRX FULL BODY TRAINING--Robb</p> <p>10:15 ZUMBA!--Kate</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>5:30pm PILATES--Richard</p>	<p>30</p> <p>5:30am CYCLEFIT--Rochelle</p> <p>9:15 CYCLING—Laurie</p> <p>10:45 MOVE ‘n GROOVE--Carol</p> <p>5:00 BODYCOMBAT®--Nicole</p>	<p>31</p> <p>9:00 TRX FULL BODY TRAINING --Robb</p> <p>10:00 RPM--Ely</p> <p>11:00LES MILLS DANCE® --Jules/Laurie</p> <p>5:30LES MILLS DANCE®Dayne</p>	<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 unless marked (fee)</p> <p>Schedule published on 5/29/24. Check the app or call any Service Desk at 526-8652 for most up to date information.</p> <p><b>**New Les Mills Release</b></p>		