

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

JUNE 2024

# GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

| Sunday  | Monday  | Tuesday  | Wednesday                                       | Thursday  | Friday   | Saturday  |
|---|---|--|---|---|--|---|
| <p>Group Fitness schedule also available at <a href="http://flagstaffathleticclub.com">flagstaffathleticclub.com</a></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 779-4593 for most up to date information.</p> |   |  |   |   |  | <p><b>1</b></p> <p>8:15 RPM™-Sean<br/>9:30 PILATES--Richard</p>   |
| <b>2</b>  | <p><b>3</b></p> <p>9:00 WISDOM YOGA--Wendy</p>  | <p><b>4</b></p> <p>6:00 PILATES--Richard<br/>9:00 PILATES FUSION--Jan<br/>10:15 TRX--Rock<br/>1:30 LUNCHTIME YOGA--Jacqui<br/>5:15 RPM™ --Darrin<br/>6:15 VINYASA FLOW-Jacqui</p>                      | <p><b>5</b></p> <p>9:00 WISDOM YOGA--Wendy</p>  | <p><b>6</b></p> <p>6:00 PILATES--Richard<br/>9:00 WISDOM YOGA--Jan<br/>10:15 SPRINT--Rock<br/>1:30 LUNCHTIME YOGA--Jacqui<br/>6:15 VINYASA FLOW-Jacqui</p>                        | <p><b>7</b></p> <p>9:00 YIN YOGA--Jan<br/>10:15 PILATES FUSION--Jan<br/>5:30 pm RPM--Sean</p>                    | <p><b>8</b></p> <p>8:15 RPM™-Sean<br/>9:30 PILATES--Richard</p>   |
| <b>9</b>  | <p><b>10</b></p> <p>9:00 WISDOM YOGA--Wendy</p> | <p><b>11</b></p> <p>6:00 PILATES--Richard<br/>9:00 PILATES FUSION-- Jan<br/>10:15 TRX--Rock<br/>1:30 LUNCHTIME YOGA--Jacqui<br/>5:15 RPM™-- Sean<br/>6:15 VINYASA FLOW-Jacqui</p>                      | <p><b>12</b></p> <p>9:00 WISDOM YOGA--Wendy</p> | <p><b>13</b></p> <p>6:00 PILATES--Richard<br/>9:00 WISDOM YOGA--Jan<br/>10:15 SPRINT--Rock<br/>1:30 LUNCHTIME YOGA--Jacqui<br/>6:15 VINYASA FLOW-Jacqui</p>                       | <p><b>14</b></p> <p>9:00 YIN YOGA--Jan<br/>10:15 PILATES FUSION--Jan<br/>5:30 pm RPM--Sean</p>                   | <p><b>15</b></p> <p>8:15 RPM™--Sean<br/>9:30 PILATES--Richard</p> |
| <b>16</b>   | <p><b>17</b></p> <p>9:00 WISDOM YOGA--Wendy</p> | <p><b>18</b></p> <p>6:00 PILATES--Richard<br/>9:00 PILATES FUSION-- Jan<br/>10:15 TRX--Rock<br/>1:30 LUNCHTIME YOGA--Jacqui<br/>5:15 RPM™--Sean<br/>6:15 GENTLE YOGA with LIVE SOUND BATH-- Jacqui</p> | <p><b>19</b></p> <p>9:00 WISDOM YOGA--Wendy</p> | <p><b>20</b></p> <p>6:00 PILATES--Richard<br/>9:00 WISDOM YOGA--Jan<br/>10:15 SPRINT--Rock<br/>1:30 LUNCHTIME YOGA--Jacqui<br/>6:15 GENTLE YOGA with LIVE SOUND BATH-- Jacqui</p> | <p><b>21</b></p> <p>9:00 YIN YOGA--Jan<br/>10:15 PILATES FUSION--Jan<br/>5:30 pm FRIDAY FULL PSYCLE --Darrin</p> | <p><b>22</b></p> <p>8:15 RPM™--Sean<br/>9:30 PILATES--Richard</p> |
| <b>23/30</b>  | <p><b>24</b></p> <p>9:00 WISDOM YOGA--Wendy</p> | <p><b>25</b></p> <p>6:00 PILATES--Richard<br/>9:00 PILATES FUSION-- Jan<br/>10:15 TRX--Emilia<br/>1:30 LUNCHTIME YOGA-Michael<br/>5:15 RPM™--Darrin<br/>6:15 YOGA INSPIRED PILATES --Kristina</p>      | <p><b>26</b></p> <p>9:00 WISDOM YOGA--Wendy</p> | <p><b>27</b></p> <p>6:00 PILATES--Richard<br/>9:00 WISDOM YOGA--Jan<br/>10:15 RPM--Ely<br/>1:30 LUNCHTIME YOGA--Jan<br/>6:15 YOGA INSPIRED PILATES --Kristina</p>                 | <p><b>28</b></p> <p>9:00 YIN YOGA--Jan<br/>10:15 PILATES FUSION--Jan<br/>5:30 pm FRIDAY FULL PSYCLE --Darrin</p> | <p><b>29</b></p> <p>8:15 RPM™--Sean<br/>9:30 PILATES--Richard</p> |

JUNE 2024

# GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  |
|---|---|--|---|--|--|---|
| <p style="text-align: center;"><b>Group Fitness schedule also available at<br/>flagstaffathleticclub.com</b></p> <p style="text-align: center;">All group fitness classes are free to members</p> <p style="text-align: center;">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 style="text-align: center;">*Class held at Indoor Pool ***Class held in Outdoor Pool<br/>**New Les Mills Release</p> |   |  |   |  |  | <p>1<br/>8:15 UNWIND YOGA--Carol<br/>9:30 ZUMBA!--Kate<br/>10:45 FLEX-ABILITY+CORE--Julie</p>                   |
| <p>2 9:00 BODYCOMBAT®<br/>— Ely<br/>10:15 BODYPUMP® —Ely<br/>2:45 BODYBALANCE**<br/>-Angie R/Ely/Tommi/Rock<br/>4:00 ZUMBA!--Melissa</p>  | <p>3 5:30 GRIT Athletic-Stephanie<br/>8:30 STEP—Laurie<br/>10:00 AQUA B.A.S.I.C. 45*--Jan<br/>10:00 BEG STEP 30—Laurie<br/>11:00 M &amp; S 50--Julie<br/>12:15 LUNCHTIME YOGA--Carol<br/>3:30 FLEX-ABILITY+CORE--Julie<br/>5:30 ZUMBA!--Mickella</p>  | <p>4 7:45 FLEX-ABILITY+CORE—Julie<br/>9:00 POOLATES*--Julie<br/>9:00 BODYPUMP®--Jules<br/>10:45 SilverSneakers® CLASSIC<br/>--Julie<br/>12:15 LUNCHTIME YOGA--Michael<br/>4:45 BARRE 100's--Angie A<br/>6:00 BODYPUMP® 45--Ely<br/>7:00 BODYBALANCE 30--Ely</p>  | <p>5 5:30 GRIT Strength--Kristi<br/>8:30 STEP—Laurie<br/>10:00 AQUA B.A.S.I.C. 45*--Julie<br/>10:00 BEG STEP 30—Laurie<br/>11:00 M &amp; S 50—Julie<br/>12:15 LUNCHTIME YOGA--Carol<br/>3:30 FLEX-ABILITY+CORE--Julie<br/>5:30 EVENING YOGA--Erin</p>   | <p>6 7:45 FLEX-ABILITY+CORE--Julie<br/>9:00 BODYCOMBAT®--Nicole<br/>9:00 POOLATES*--Julie<br/>10:45 SilverSneakers® CLASSIC--Julie<br/>12:15 LUNCHTIME YOGA--Michael<br/>4:45 BARRE FUSION &amp; SOLE TRAINING<br/>--Angie A<br/>6:00 BODYPUMP® 45--Jules<br/>7:00 ZUMBA!--Melissa</p> | <p>7 8:45 AQUA B.A.S.I.C.45***--Richard<br/>9:00 BODYPUMP--Janelle<br/>10:00 AQUA B.A.S.I.C.45*--Julie<br/>10:30 BEG STEP 30--Laurie<br/>11:30 MOVEMENT &amp; STRENGTH--Julie<br/>12:45 SilverSneakers® CLASSIC--Julie<br/>5:30 PILATES--Richard</p>   | <p>8 8:15 YOGA INSPIRED PILATES<br/>--Kristina<br/>9:30 ZUMBA!--Mickella<br/>10:45 FLEX-ABILITY+CORE--Julie</p> |
| <p>9 9:00 BODYCOMBAT®<br/>— Ely<br/>10:15 BODYPUMP--Ely<br/>2:45 SOULFUSION--Angie A<br/>4:00 ZUMBA!--Melissa</p>   | <p>10 5:30 GRIT™ Cardio--Stephanie<br/>8:30 STEP—Laurie<br/>10:00 AQUA B.A.S.I.C. 45*--Jan<br/>10:00 BEG STEP 30—Laurie<br/>11:00 M &amp; S 50--Julie<br/>12:15 LUNCHTIME YOGA--Carol<br/>3:30 FLEX-ABILITY+CORE—Julie<br/>5:30 ZUMBA!-- Mickella</p> | <p>11 7:45 FLEX-ABILITY+CORE—Julie<br/>9:00 POOLATES*--Julie<br/>9:00 BODYPUMP--Ely<br/>10:45 SilverSneakers® CLASSIC<br/>--Julie<br/>12:15 LUNCHTIME YOGA--Michael<br/>4:45 BARRE ABOVE--Angie A<br/>6:00 BODYPUMP® 45--Ely<br/>7:00 BODYBALANCE 30--Ely</p>    | <p>12 5:30 GRIT™ Strength--Kristi<br/>8:30 STEP—Laurie<br/>10:00 AQUA B.A.S.I.C. 45*--Julie<br/>10:00 BEG STEP 30—Laurie<br/>11:00 M &amp; S 50—Julie<br/>12:15 LUNCHTIME YOGA--Carol<br/>3:30 FLEX-ABILITY+CORE--Julie<br/>5:30 EVENING YOGA--Erin</p> | <p>13 7:45 FLEX-ABILITY+CORE--Julie<br/>9:00 BODYCOMBAT®--Nicole<br/>9:00 POOLATES*--Julie<br/>10:45 SilverSneakers® CLASSIC--Julie<br/>12:15 LUNCHTIME YOGA--Michael<br/>4:45 BARRE FUSION--Angie A<br/>6:00 BODYPUMP® 45--Jules<br/>7:00 LATIN DANCE!--Carol</p>                     | <p>14 8:45 AQUA B.A.S.I.C.45***--Richard<br/>9:00 BODYPUMP-Jules<br/>10:00 AQUA B.A.S.I.C. 45*--Julie<br/>10:30 BEG STEP 30--Laurie<br/>11:30 MOVEMENT &amp; STRENGTH --Julie<br/>12:45 SilverSneakers® CLASSIC--Julie<br/>5:30 PILATES--Richard</p>   | <p>15 8:15 UNWIND YOGA--Carol<br/>9:30 LATIN DANCE--Carol<br/>10:45 FLEX-ABILITY+CORE--Julie</p>                |
| <p>16 9:00 BODYCOMBAT®<br/>— Ely<br/>10:15 BODYPUMP® —Ely<br/>2:45 BODYBALANCE--Rock<br/>4:00 ZUMBA!--Melissa</p>   | <p>17 5:30 GRIT™ Cardio--Stephanie<br/>8:30 STEP—Laurie<br/>10:00 AQUA B.A.S.I.C. 45*--Jan<br/>10:00 BEG STEP 30—Laurie<br/>11:00 M &amp; S 50--Julie<br/>12:15 LUNCHTIME YOGA--Carol<br/>3:30 FLEX-ABILITY+CORE—Julie<br/>5:30 ZUMBA!--Melissa</p>   | <p>18 7:45 FLEX-ABILITY+CORE—Julie<br/>9:00 POOLATES*--Julie<br/>9:00 BODYPUMP®--Tommi<br/>10:45 SilverSneakers® CLASSIC<br/>--Julie<br/>12:15 LUNCHTIME YOGA--Michael<br/>4:45 BARRE ABOVE--Angie A<br/>6:00 BODYPUMP® 45--Ely<br/>7:00 BODYBALANCE 30--Ely</p> | <p>19 5:30 GRIT™ Strength--Kristi<br/>8:30 STEP--Laurie<br/>10:00 AQUA B.A.S.I.C. 45*--Julie<br/>10:00 BEG STEP—Laurie<br/>11:00 M &amp; S 50—Julie<br/>12:15 LUNCHTIME YOGA--Carol<br/>3:30 FLEX-ABILITY+CORE--Julie<br/>5:30 EVENING YOGA--Carol</p>  | <p>20 7:45 FLEX-ABILITY+CORE--Julie<br/>9:00 POOLATES*--Julie<br/>9:00 BODYCOMBAT®--Tommi<br/>10:45 SilverSneakers® CLASSIC--Julie<br/>12:15 LUNCHTIME YOGA--Michael<br/>4:45 BARRE FUSION--Angie A<br/>6:00 BODYPUMP® 45--Jules<br/>7:00 ZUMBA!--Melissa</p>                          | <p>21 8:45 AQUA B.A.S.I.C.45***--Richard<br/>9:00 BODYPUMP-Kate<br/>10:00 AQUA B.A.S.I.C. 45*--Julie<br/>10:30 BEG STEP 30--Laurie<br/>11:30 MOVEMENT &amp; STRENGTH --Julie<br/>12:45 SilverSneakers® CLASSIC--Julie<br/>5:30 PILATES--Richard</p>    | <p>22 8:15 UNWIND YOGA--Carol<br/>9:30 LATIN DANCE!--Carol<br/>10:45 FLEX-ABILITY+CORE--Julie</p>               |
| <p>23/30 9:00 BODYCOMBAT®<br/>— Ely/Tommi<br/>10:15 BODYPUMP®<br/>—Ely/Tommi<br/>2:45 BODYBALANCE--Ely/Tommi<br/>4:00 ZUMBA!--Melissa</p>   | <p>24 5:30 GRIT Athletic-Stephanie<br/>8:30 STEP—Laurie<br/>10:00 AQUA B.A.S.I.C. 45*--Jan<br/>10:00 BEG STEP 30—Laurie<br/>11:00 M &amp; S 50--Julie<br/>12:15 LUNCHTIME YOGA--Carol<br/>3:30 FLEX-ABILITY+CORE—Julie<br/>5:30 ZUMBA!--Mickella</p>  | <p>25 7:45 FLEX-ABILITY+CORE--Julie<br/>9:00 POOLATES*--Julie<br/>9:00 ** BODYPUMP®--Ely<br/>10:45 SilverSneakers® CLASSIC<br/>--Julie<br/>12:15 LUNCHTIME YOGA--Michael<br/>4:45 STARRE--Angie A<br/>6:00 BODYPUMP® 45--Ely<br/>7:00 BODYBALANCE 30--Ely</p>    | <p>26 5:30 GRIT™ Strength--Kristi<br/>8:30 STEP—Laurie<br/>10:00 AQUA B.A.S.I.C. 45*--Julie<br/>10:00 BEG STEP 30—Laurie<br/>11:00 M &amp; S 50—Julie<br/>12:15 LUNCHTIME YOGA--Carol<br/>3:30 FLEX-ABILITY+CORE--Julie<br/>5:30 EVENING YOGA--Erin</p> | <p>27 7:45 FLEX-ABILITY+CORE--Julie<br/>9:00 POOLATES*--Julie<br/>9:00 BODYCOMBAT®--Nicole<br/>10:45 SilverSneakers® CLASSIC--Julie<br/>12:15 LUNCHTIME YOGA--Michael<br/>4:45 BARRE FUSION--Angie A<br/>6:00 BODYPUMP® 45--Jules<br/>7:00 ZUMBA!--Melissa</p>                         | <p>28 8:45 AQUA B.A.S.I.C.45***--Richard<br/>9:00 BODYPUMP-Janelle<br/>10:00 AQUA B.A.S.I.C. 45*--Julie<br/>10:30 BEG STEP 30--Laurie<br/>11:30 MOVEMENT &amp; STRENGTH --Julie<br/>12:45 SilverSneakers® CLASSIC--Julie<br/>5:30 PILATES--Richard</p> | <p>29 8:15 UNWIND YOGA--Carol<br/>9:30 ZUMBA!--Kate<br/>10:45 FLEX-ABILITY+CORE-Julie</p>                       |

| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday |
|--|---|---|---|---|---|----------|
| <p align="center"><b>Group Fitness schedule also available at <a href="http://Flagstaffathleticclub.com">Flagstaffathleticclub.com</a></b><br/>                     All group fitness classes are free to members unless marked (fee)<br/>                     Schedule published on 5/29/24. Check the app or call any Service Desk at 526-8652 for most up to date information.<br/>                     **New Les Mills Release</p> |   |   |   |   |   | 1        |
| 2  | 3<br>9:00 TRX FULL BODY TRAINING --Robb<br>5:30pm PILATES--Richard  | 4<br>5:30am RPM--Darrin<br>9:15 CYCLING--Laurie<br>10:45 MOVE 'n GROOVE--Carol<br>5:00 BODYCOMBAT®--Nicole        | 5<br>9:00 TRX FULL BODY TRAINING --Robb<br>10:00 RPM--Ely<br>11:00 LES MILLS DANCE® --Jules<br>5:30 LES MILLS DANCE®--Dayne   | 6<br>5:30am RPM--Darrin<br>7:30 BODYBALANCE--Tommi<br>9:15 CYCLING--Laurie<br>10:45 MOVE 'n GROOVE --Laurie       | 7<br>9:00 ADVANCED TRX FULL BODY TRAINING--Robb<br>10:15 ZUMBA!--Mickella<br>12:00 PILATES--Jan     | 8        |
| 9  | 10<br>9:00 TRX FULL BODY TRAINING --Robb<br>5:30pm PILATES--Richard | 11<br>5:30am CYCLEFIT--Rochelle<br>9:15 CYCLING—Laurie<br>10:45 MOVE 'n GROOVE--Carol<br>5:00 BODYCOMBAT®--Nicole | 12<br>9:00 TRX FULL BODY TRAINING --Robb<br>10:00 RPM--Ely<br>11:00 LES MILLS DANCE® --Jules<br>5:30 LES MILLS DANCE® --Dayne | 13<br>5:30am RPM--Sean<br>7:30 BODYBALANCE--Tommi<br>9:15 CYCLING—Laurie<br>10:45 MOVE 'n GROOVE--Laurie          | 14<br>9:00 ADVANCED TRX FULL BODY TRAINING--Robb<br>10:15 LATIN DANCE!--Carol<br>12:00 PILATES--Jan | 15       |
| 16   | 17<br>9:00 TRX FULL BODY TRAINING --Robb<br>5:30pm PILATES--Richard | 18<br>5:30am RPM--Sean<br>9:15 CYCLING—Laurie<br>10:45 MOVE 'n GROOVE--Carol<br>5:00 BODYCOMBAT®--Nicole          | 19<br>9:00 TRX FULL BODY TRAINING --Robb<br>10:00 RPM--Ely<br>11:00 LES MILLS DANCE® -- Jules<br>5:30 LES MILLS DANCE®--Jules | 20<br>5:30am RPM--Darrin<br>7:30 BODYBALANCE--Tommi<br>9:15 CYCLING—Laurie<br>10:45 MOVE 'n GROOVE--Laurie        | 21<br>9:00 ADVANCED TRX FULL BODY TRAINING--Robb<br>10:15 ZUMBA!--Kate<br>12:00 PILATES--Jan        | 22       |
| 23/30  | 24<br>9:00 TRX FULL BODY TRAINING --Robb<br>5:30pm PILATES--Richard | 25<br>5:30am CYCLEFIT--Rochelle<br>9:15 CYCLING—Laurie<br>10:45 MOVE 'n GROOVE--Carol<br>5:00 BODYCOMBAT®--Nicole | 26<br>9:00 TRX FULL BODY TRAINING --Robb<br>10:00 RPM--Ely<br>11:00LES MILLS DANCE® --Jules<br>5:30LES MILLS DANCE®Dayne      | 27<br>5:30am CYCLEFIT--Rochelle<br>7:30 BODYBALANCE--Tommi<br>9:15 CYCLING—Laurie<br>10:45 MOVE 'n GROOVE--Laurie | 28<br>9:00 ADVANCED TRX FULL BODY TRAINING--Robb<br>10:15 ZUMBA!--Kate<br>12:00 PILATES--Jan        | 29       |