

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

OCTOBER 2024

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 6:00 PILATES--Carly 7:15 VINYASA FLOW I--Carly 9:00 PILATES FUSION--Jan 10:15 RPM--Rock 1:30 LUNCHTIME YOGA--Tatiana 5:15 RPM™ P!NK WEEK--Angie R	<b>2</b> 5:30 RPM--Sean 9:00 WISDOM YOGA--Jan 5:30 PILATES--Richard	<b>3</b> 6:00 PILATES--Carly 7:15 VINYASA FLOW I--Carly 9:00 PILATES FUSION--Jan 10:15 CYCLING--Robb 1:30 LUNCHTIME YOGA--Tatiana 6:15 EVENING YOGA--Tatiana	<b>4</b> 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	<b>5</b> 8:15 RPM™P!NK WEEK -Sean/Angie R 9:30 BODYBALANCE--Angie R
<b>6</b>	<b>7</b> 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb	<b>8</b> 6:00 PILATES--Carly 7:15 VINYASA FLOW I--Carly 9:00 PILATES FUSION--Jan 10:15 RPM--Rock 1:30 LUNCHTIME YOGA--Tatiana 5:15 RPM™ --Angie R	<b>9</b> 5:30 RPM--Sean 9:00 WISDOM YOGA--Wendy 5:30 PILATES--Richard	<b>10</b> 6:00 PILATES--Carly 7:15 VINYASA FLOW I--Carly 9:00 PILATES FUSION--Jan 10:15 CYCLING--Robb 1:30 LUNCHTIME YOGA--Tatiana 6:15 EVENING YOGA--Tatiana	<b>11</b> 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	<b>12</b> 8:15 RPM™--Sean 9:30 PILATES--Richard
<b>13</b>	<b>14</b> 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb	<b>15</b> 6:00 PILATES--Carly 7:15 VINYASA FLOW I--Carly 9:00 PILATES FUSION-- Jan 10:15 RPM--Rock 1:30 LUNCHTIME YOGA--Tatiana 5:15 RPM™-- Angie R	<b>16</b> 5:30 CYCLING--Sean 9:00 WISDOM YOGA--Wendy 5:30 PILATES--Richard	<b>17</b> 6:00 PILATES--Carly 7:15 VINYASA FLOW I--Carly 9:00 PILATES FUSION--Jan 10:15 CYCLING--Robb 1:30 LUNCHTIME YOGA--Tatiana 6:15 EVENING YOGA--Tatiana	<b>18</b> 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	<b>19</b> 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard
<b>20</b>	<b>21</b> 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb	<b>22</b> 6:00 PILATES--Carly 7:15 VINYASA FLOW I--Carly 9:00 PILATES FUSION-- Jan 10:15 RPM--Rock 1:30 LUNCHTIME YOGA--Tatiana 5:15 RPM™--Angie R/Darrin	<b>23</b> 5:30 CYCLING--Sean 9:00 WISDOM YOGA--Wendy 5:30 PILATES--Richard	<b>24</b> 6:00 PILATES--Carly 7:15 VINYASA FLOW I--Carly 9:00 PILATES FUSION--Jan 10:15 CYCLING--Robb 1:30 LUNCHTIME YOGA--Tatiana 6:15 EVENING YOGA--Tatiana	<b>25</b> 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin	<b>26</b> 8:15 RPM™--Sean/Angie R 9:30 PILATES--Richard
<b>27</b>	<b>28</b> 9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb	<b>29</b> 6:00 PILATES--Carly 7:15 VINYASA FLOW I--Carly 9:00 PILATES FUSION-- Jan 10:15 RPM--Rock 1:30 LUNCHTIME YOGA--Tatiana 5:15 RPM™--Angie R	<b>30</b> 5:30 CYCLING--Sean 9:00 WISDOM YOGA--Wendy 5:30 PILATES--Richard	<b>31</b> 6:00 PILATES--Carly 7:15 VINYASA FLOW I--Carly 9:00 PILATES FUSION--Jan 10:15 CYCLING--Robb 1:30 LUNCHTIME YOGA--Tatiana 6:15 EVENING YOGA--Tatiana	-- -- All group fitness classes are free to members. Schedule published on 9/27/24. Check the app or call any Service Desk at 779-4593 for most up to date infor- mation. Group Fitness Schedules also available online at flag- staffathleticclub.com/schedules	

OCTOBER 2024

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>1</b></p> <p>7:45 FLEX-ABILITY+CORE—Julie 9:00 POOLATES*-- Julie 9:00 BODYPUMP®:P!NK WEEK--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE 100's--Angie A 6:00 BODYPUMP® 45--Ely</p>	<p><b>2</b></p> <p>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--Tatiana</p>	<p><b>3</b></p> <p>7:45 FLEX-ABILITY+CORE--Julie 9:00 BODYCOMBAT®--Nicole 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Carly 4:45 BARRE FUSION--Ely 6:00 BODYPUMP® 45--Jules 7:00 ZUMBA!-Berta</p>	<p><b>4</b></p> <p>9:00 BODYPUMP®:P!NK WEEK! --Angie R/Julie 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>5</b></p> <p>8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE--Carol 10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>6</b></p> <p>9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:45 BODYBALANCE P!NK Week--Angie R 4:00 LES MILLS DANCE®--Kerry</p>	<p><b>7</b></p> <p>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</p>	<p><b>8</b></p> <p>7:45 FLEX-ABILITY+CORE—Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP®--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Carol 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!-Berta</p>	<p><b>9</b></p> <p>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--Tatiana</p>	<p><b>10</b></p> <p>7:45 FLEX-ABILITY+CORE--Julie 9:00 BODYCOMBAT®--Nicole 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Carly 4:45 BARRE FUSION--Mickella 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!-Berta</p>	<p><b>11</b></p> <p>9:00 BODYPUMP--Janelle 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>12</b></p> <p>8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE--Carol 10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>13</b></p> <p>9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP--Ely 2:45 BODYBALANCE--Angie R</p>	<p><b>14</b></p> <p>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>15</b></p> <p>7:45 FLEX-ABILITY+CORE—Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP 10th Anniversary --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</p>	<p><b>16</b></p> <p>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--Carly 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana</p>	<p><b>17</b></p> <p>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 LES MILLS DANCE®--Jules</p>	<p><b>18</b></p> <p>9:00 BODYPUMP 10th Anniversary! --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>19</b></p> <p>8:15 UNWIND YOGA--Carly 9:30 ZUMBA!-Kate 10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>20</b></p> <p>9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:45 SOULFUSION--Angie A 4:00 HIGH FITNESS--Ali</p>	<p><b>21</b></p> <p>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>22</b></p> <p>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</p>	<p><b>23</b></p> <p>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--Tatiana</p>	<p><b>24</b></p> <p>7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYCOMBAT®--Nicole/Tommi 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Jules/Angie R 7:00 ZUMBA!-Berta</p>	<p><b>25</b></p> <p>9:00 BODYPUMP-Angie R/Julie 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>26</b></p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!- Kate 10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>27</b></p> <p>9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:45 BODYBALANCE--Angie R/ Rock 4:00 ZUMBA!--Berta</p>	<p><b>28</b></p> <p>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--Jan 3:30 FLEX-ABILITY+CORE—Julie 5:30 ZUMBA--Kate</p>	<p><b>29</b></p> <p>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 STARRE--Angie A 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!-Berta</p>	<p><b>30</b></p> <p>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--Carly 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana</p>	<p><b>31</b></p> <p>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--Jules 7:00 ZUMBA!-Berta</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</p> <p>Schedule published on 9/27/24. 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>	

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