

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

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

# SEPTEMBER 2024

# GROUP FITNESS MAIN ROOM - EAST

# FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1</b> 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP®—Ely 2:45 BODYBALANCE--Angie R 4:00 LES MILLS DANCE®-Kerry	<b>2</b> 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--Carol 3:30 FLEX-ABILITY+CORE--Julie	<b>3</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 100's--Angie A 6:00 BODYPUMP® 45--Tommi 7:00 BODYBALANCE 30--Tommi	<b>4</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 & S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana	<b>5</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& Sole Training --Angie A 6:00 BODYPUMP® 45--Kerry 7:00 ZUMBA!-Berta	<b>6</b> 9:00 BODYPUMP®: Labor Day Special- Work it! --Angie R/Jules 10:00 AQUA B.A.S.I.C.45*--Julie 10:30 BEG STEP 30--Carol 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard	<b>7</b> 8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE--Carol 10:45 FLEX-ABILITY+CORE--Julie	
<b>8</b> 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:45 BODYBALANCE--Angie R 4:00 LES MILLS DANCE®-Kerry	<b>9</b> 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—Carol 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 ZUMBA!--Mickella	<b>10</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 100's--Angie A 6:00 BODYPUMP® 45--Ely 7:00 BODYBALANCE 30--Ely	<b>11</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 & S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana	<b>12</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!-Berta	<b>13</b> 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	<b>14</b> 8:15 UNWIND YOGA--Kristina 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie	
<b>15</b> 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP®—Ely 2:45 BODYBALANCE--Angie R 4:00 LES MILLS DANCE®-Kerry	<b>16</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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 5:30 ZUMBA!-- Mickella	<b>17</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--Angie A 6:00 BODYPUMP® 45--Ely 7:00 BODYBALANCE 30--Ely	<b>18</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 & S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana	<b>19</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!--Berta	<b>20</b> 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	<b>21</b> 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!-Berta 10:45 FLEX-ABILITY+CORE--Julie	
<b>22</b> 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:45 BODYBALANCE--Ely 4:00 LES MILLS DANCE®-tbd	<b>23</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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 5:30 ZUMBA!-tbd	<b>24</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 STARRE--Angie A 6:00 BODYPUMP® 45--Ely 7:00 BODYBALANCE 30--Ely	<b>25</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 & S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana	<b>22</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--Jules 7:00 ZUMBA!-Berta	<b>23</b> 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	<b>28</b> 8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE!- Kate 10:45 FLEX-ABILITY+CORE--Julie	
<b>29</b> 9:00 BODYCOMBAT® — Ely 10:15 BODYPUMP® —Ely 2:45 SOULFUSION--Angie A 4:00 LES MILLS DANCE®-Kerry	<b>30</b> 5:30 GRIT Athletic-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 ZUMBA--Berta	<p><b>Group Fitness schedule also available at</b>  <b>flagstaffathleticclub.com</b></p> <p>All group fitness classes are free to members</p> <p>Schedule published on 9/5/24. 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	2 5:30pm PILATES--Richard	3 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 5:00 BODYCOMBAT®--Nicole	4 9:00 TRX FULL BODY TRAINING --Robb 10:00 RPM--Ely 11:00 LES MILLS DANCE® --Jules	5 5:30am CYCLEFIT--Rochelle 8:00 BODYBALANCE--Tommi 9:15 RPM—Ely 10:45 MOVE ‘n GROOVE--Carol	6 9:00 ADVANCED TRX FULL BODY TRAINING--Robb 10:15 LES MILLS DANCE® --Jules	7
8	9 9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard	10 5:30am CYCLEFIT--Rochelle 9:15 RPM--Ely 10:45 MOVE ‘n GROOVE--Carol 5:00 BODYCOMBAT®--Nicole	11 9:00 TRX FULL BODY TRAINING --Robb 10:00 RPM--Ely 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 ADVANCED 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 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 5:00 BODYCOMBAT®--Nicole	18 9:00 TRX FULL BODY TRAINING --Robb 10:00 RPM--Ely 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 ADVANCED TRX FULL BODY TRAINING--Emilia 10:15 ZUMBA!--Kate	21
22	23 9:00 TRX FULL BODY TRAINING --Maya 5:30pm PILATES--Richard	24 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 5:00 BODYCOMBAT®--Nicole	25 9:00 TRX FULL BODY TRAINING --Robb 10:00 RPM--Ely 11:00 LES MILLS DANCE® -- Jules	26 5:30am CYCLEFIT--Rochelle 8:00 BODYBALANCE--Tommi 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	27 9:00 ADVANCED TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate	28
29	30 9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard	<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 unless marked (fee)                      Schedule published on 9/5/24. Check the app or call any Service Desk at 526-8652 for most up to date information.</p>				