

July

Classes are free with membership!

Schedule is subject to change



YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM - 6:30AM	6am - 7am Studio Cycle (Corinna)	6am - 7am Cycle Combo (Corrina)	6am - 7am Studio Cycle (Corinna)	6am - 7am Cycle Combo (Corrina)	6am - 7am Studio Cycle (Corinna)		Family Climbing Hours Mon - Fri: 3:30pm - 7pm, Sat: 2pm - 5pm
6:30AM - 7:30AM				7:15am - 8:15am Morning Yoga (Wyndy)			Amazing Kids Hours
7:30AM - 8:30AM		8:30am - 9:30am Pilates (Bonnie)		8:30am - 9:30am Pilates (Bonnie)		8:30am - 9:30am Zumba (Liz) July 17 & 24	Monday - Thursday 8:30am - 1:00pm & 5:00pm - 8:00pm
8:30AM - 9:30AM	8:45am - 9:30am Kickboxing (Dee)		8:45am - 9:30am Kickboxing (Dee)		8:45am - 9:30am Kickboxing (Dee)	9am - 10am Studio Cycle (Rae)	Friday 8:00am - 12:00pm & 5:00pm - 7:30pm
9:30AM - 10:30AM	9:45am - 10:15am Body Toning (Dee)	9:30am - 10:30am 55+ Alive (Lisa)	9:45am - 10:15am Body Toning (Dee)	9:30am - 10:30am 55+ Alive (Lisa)	9:45am - 10:15am Body Toning (Dee)		Saturday 8:00am - 12:00pm Sunday 12:00pm - 4:00pm
10:00AM - 11:30AM	11:30am - 12pm Core Conditioning (Mark)		11:30am - 12pm Core Conditioning (Mark)	10:45am - 11:30am Zumba Gold (Liz) July 15, 22 & 29	11:30am - 12pm Core Conditioning (Mark)		Flagstaff YMCA Hours of Operation Mon - Fri: 5:30am - 10:00pm Sat: 6:30am - 7:00pm Sun: 12:00pm - 6:00pm
11:30AM - 12:30PM	12:00pm - 12:45pm Studio Cycle (Mark)	12:00pm - 12:45pm Studio Cycle (Mark)	12:00pm - 12:45pm Studio Cycle (Mark)	12:00pm - 12:45pm Studio Cycle (Mark)	12:00pm - 1:00pm Zumba (Liz) July 16 & 23		
12:30PM - 1:30PM							
1:30PM - 2:30PM						2:00pm - 3:00pm Mommy & Me Dance (Ages 1-5, Dee)	
2:30PM - 3:30PM							
3:30PM - 4:30PM							
4:30PM - 5:30PM	4:15pm - 5:15pm Burn & Firm (Rae)				4:15pm - 5:15pm Burn & Firm (Rae)		
5:30PM - 6:30PM	5:30pm - 6:30pm Step (Aly)	5:15pm - 6:30pm Every Level Yoga (Monique)	5:30pm - 6:30pm Step (Aly)	5:15pm - 6:30pm Every Level Yoga (Monique)	5:30pm - 6:30pm Step (Aly)		
	5:30pm - 6:30pm Studio Cycle (Rae)		5:30pm - 6:30pm Studio Cycle (Deborah)		5:30pm - 6:30pm Studio Cycle (Rae)	Ask about our fantastic Premier Memberships! Sign up for a Premier One or Premier Two today and save!	Flagstaff Family YMCA 1001 N. Turquoise Dr, Flagstaff AZ 86001
6:30PM - 7:30PM		6:45pm - 7:45pm Zumba (Amy)		6:45pm - 7:45pm Zumba (Amy)			
7:30PM - 8:30PM							
8:30PM - 9:00PM							