



# GYMS

## PLANET FITNESS

4650 US Hwy 89, Ste B-2, Flagstaff, AZ 86004  
928-326-2990

## INSURGENT FITNESS

1650 S Plaza Way #5, Flagstaff, AZ 86001  
928-440-5006

## ANYTIME FITNESS

2500 S Woodlands Village BLD, Flagstaff, AZ 86001  
928-226-7064

## SUMMIT HEALTH AND FITNESS

1301 W University Ave, Flagstaff, AZ 86001  
928-774-3476

## FLAGSTAFF FAMILY YMCA

1001 N Turquoise Dr, Flagstaff, AZ 86001  
928-556-9622

## FLAGSTAFF ATHLETIC CLUB

1500 N Country Club Dr, Flagstaff, AZ 86004  
1200 W Rte 66, Flagstaff, AZ 86001  
928-526-8652 / 928-779-4593

## JIM'S TOTAL BODY FITNESS

2150 N Fourth St, Flagstaff, AZ 86004  
928-606-1435

## SNAP FITNESS

7810 N Hwy 89 #230, Flagstaff, AZ 86004  
928-522-6600

# YOGA STUDIOS

## NORTHERN ARIZONA YOGA CENTER

113 S San Francisco St, Flagstaff, AZ 86001  
928-774-3144

## ESENEM YOGA

320 Regent St #30, Flagstaff, AZ 86001  
928-440-6220

## THE YOGA EXPERIENCE

1071 E Old Canyon, Flagstaff, AZ 86001  
928-774-9010

## YOGA REVOLUTION FLAGSTAFF

121 E Birch Ave, Flagstaff, AZ 86001  
520-309-1211

## VERTICAL SOUL YOGA

113 S San Francisco St, Flagstaff, AZ 86001  
928-853-0608

## THE FOUNDRY FLAGSTAFF

119 W Phoenix Ave #3, Flagstaff, AZ 86001  
602-468-9642

## THE BHAKTI VINE

524 E Brannen Ave, Flagstaff, AZ 86001  
928-214-0470

## ROC YOGA

611 N Leroux St, Flagstaff, AZ 86001  
719-216-2666

## ROOTS MIND BODY HEALTH & FITNESS

3111 N Caden Ct, Flagstaff, AZ 86004  
928-970-0042

# SPIN CLASSES

## CYCLE BAR

319 S Regent St Suite 206, Flagstaff, AZ 86001  
928-551-6385

## SPIN REVOLUTION FLAGSTAFF

121 E Birch Ave, Flagstaff, AZ 86001  
928-600-9483

## THE SPIN BOX

1181 W University Heights Dr N, Flagstaff, AZ 86005  
928-404-0700

## FLAGSTAFF ATHLETIC CLUB

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1200 W Rte 66, Flagstaff, AZ 86001  
928-526-8652 / 928-779-4593

## SUMMIT HEALTH AND FITNESS

1301 W University Ave, Flagstaff, AZ 86001  
928-774-3476

## FLAGSTAFF FAMILY YMCA

1001 N Turquoise Dr, Flagstaff, AZ 86001  
928-556-9622



## CLIMBING GYMS

### BETA BOULDERING GYM

495 S River Run Rd #104, Flagstaff, AZ 86001  
928-266-0498

### FLAGSTAFF CLIMBING CENTER

205 S San Francisco St, Flagstaff, AZ 86001  
928-556-9909

### MAIN STREET BOULDERS

1519 N Main St Ste 107, Flagstaff, AZ 86004  
928-699-4246

## SPECIALTY STUDIOS & SERVICES

### TRANZEND STUDIO FITNESS

417 W Santa Fe Ave, Flagstaff, AZ 86001  
928-774-7999

### FLAGSTAFF KRAV MAGA

1802 W Kristy Ln, Flagstaff, AZ 86001  
928-699-8159

### ROOTS MIND BODY HEALTH & FITNESS

3111 N Caden Ct, Flagstaff, AZ 86004  
928-970-0042

### SKY ISLAND SANCTUARY

1800 S Milton Suite 108, Flagstaff, AZ 86001  
928-853-7176

### NEW ROOTS PERSONAL TRAINING

2605 E 7th Ave, Flagstaff, AZ 86004  
928-853-2279

### JAZZERCISE FLAGSTAFF

1798 W Historic Rte 66, Flagstaff, AZ 86004  
928-853-9968

### THE SPIN BOX

1181 W University Heights Dr N, Flagstaff, AZ 86005  
928-404-0700

### BUILD YOUR OWN BODY/FLAGSTAFF KRAV MAGA

1802 W Kristy Ln #200, Flagstaff, AZ 86001  
928-699-8159

### PARAGON ATHLETICS

1519 N Main St Suite 105, Flagstaff, AZ 86004  
928-853-1203

### THE STRONGHOLD

3626 Cochise Dr, Flagstaff, AZ 86001

### JIMS TOTAL BODY FITNESS

2150 N Fourth St, Flagstaff, AZ 86004  
928-606-1435

### KOKORO THERAPEUTIC MASSAGE

2529 E 7th Ave, Flagstaff, AZ 86004  
928-699-7942

## PERSONAL TRAINING

### HIGH ALTITUDE PERSONAL TRAINING

2625 S Woodlands Village Blvd, Flagstaff, AZ 86001  
928-225-1800

### NEW ROOTS PERSONAL TRAINING

2605 E 7th Ave, Flagstaff, AZ 86004  
928-853-2279

### BUILD YOUR OWN BODY/FLAGSTAFF KRAV MAGA

1802 W Kristy Ln #200, Flagstaff, AZ 86001  
928-699-8159

### KOKORO THERAPEUTIC MASSAGE

2529 E 7th Ave, Flagstaff, AZ 86004  
928-699-7942

## CLASS-BASED GYMS

### CROSSFIT FLAGSTAFF

1072 E Old Canyon Ct, Flagstaff, AZ 86001  
928-225-5547

### ORANGE THEORY

601 Piccadilly Dr #25, Flagstaff, AZ 86001  
928-288-5300

### BARRE3

601 E Piccadilly Dr, Flagstaff, AZ 86001  
928-774-0782