



City of Flagstaff Recreation Services

AQUAPLEX GROUP FITNESS

DECEMBER 2017
Rev. 2

MON	TUES	WED	THUR	FRI	SAT	SUN	FALL HOURS
Water Aerobics <i>P</i> 8:00A-9:00A	Aqua Boot Camp <i>P</i> 8:00A-9:00A (NO CLASS 12/5, 12/12)	Cycle Express 7:00A-7:45A	Aqua Boot Camp <i>P</i> 8:00A-9:00A (NO CLASS 12/7, 12/14)	Water Aerobics <i>P</i> 8:00A-9:00A	Hatha Yoga 8:30A-9:30A		<p style="text-align: center;">FACILITY</p> <p>Monday-Saturday <u>6AM-9PM</u> Sunday <u>10AM-6PM</u></p> <p style="text-align: center;">KIDS CLUB</p> <p>Monday-Friday* <u>8:45AM-1:15PM & 3:45PM-8:15PM</u> Saturday <u>8:30AM-1:15PM</u> Sunday <u>10AM-2PM</u></p> <p style="text-align: right; font-size: small;">*Open at 3PM Tuesdays ONLY</p> <p style="text-align: center;">CLIMBING WALL</p> <p>Monday-Friday <u>4PM-6:50PM</u> Saturday <u>10AM-4:50PM</u> Sunday <u>12PM-2:50PM</u></p> <p style="text-align: center;">RECREATION SWIM</p> <p>Monday & Wednesday <u>1PM-8:45PM</u> Tuesday & Thursday <u>1PM-4:50PM</u> <u>7PM-8:45PM</u> Friday & Saturday <u>1PM-8:45PM</u> Sunday <u>1PM-5:45PM</u></p>
P90X Live 9:00A-10:00A	Gold Flex 8:00A-9:00A	Water Aerobics <i>P</i> 8:00A-9:00A	Gold Balance 8:00A-9:00A	P90X Live 9:00A-10:00A	Zumba 9:30A-10:30A		
Core 360 10:00A-11:00A	Water Aerobics <i>P</i> 9:00A-10:00A	Core De Force 9:00A-10:00A	Water Aerobics <i>P</i> 9:00A-10:00A	Core 360 10:00A-11:00A	A.R.T <i>FF</i> 9:30A-10:30A		
Stretch N' Roll 11:00A-12:00P	Insanity 9:00A-10:00A	Core Yoga 10:00A-11:00A	Insanity 9:00A-10:00A				
	Suspension Training <i>FF</i> 9:15A-10:00A		Suspension Training <i>FF</i> 9:15A-10:00A (NO CLASS 12/7, 12/14)				
	Vinyasa Yoga 10:00A-11:00A		Yin Yoga 10:00A-11:00A				
Pilates 12:00P-12:45P	Hatha Yoga Foundations 3:00P-4:00P	Pilates 12:00P-12:45P	Group Cycle 4:30P-5:30P (NO CLASS 12/7, 12/14)	Pilates 12:00P-12:45P	Water Aerobics <i>P</i> 12:00P-1:00P	Water Aerobics <i>P</i> 12:00P-1:00P	
Water Aerobics <i>P</i> 12:00P-1:00P	Group Cycle 4:30P-5:30P	Water Aerobics <i>P</i> 12:00P-1:00P	Zumba 5:30P-6:30P	Water Aerobics <i>P</i> 12:00P-1:00P			
Suspension Training <i>FF</i> 5:30P-6:30P	Zumba 5:30P-6:30P	Kids Yoga <i>PR</i> 4:30P-5:15P	Core De Force 6:30P-7:30P				
	P90X Live 6:30P-7:30P	A.R.T 4:30P-5:30P		<p>HOLIDAY HOURS</p> <p>SUNDAY 12/24/17 <u>10AM TO 4PM</u> MONDAY 12/25/17 CLOSED TUESDAY 12/26/17 <u>10AM TO 9M</u> SUNDAY 12/31/17 <u>10AM TO 4PM</u> MONDAY 1/1/18 CLOSED</p>		<p style="text-align: center;">CLASS KEY</p> <p><i>CB/CA</i> Meets in Community Rooms "A" or "B" <i>P</i> Meets in pool <i>PR</i> Meets in party room <i>FF</i> Meets at Fitness Floor desk <i>G</i> Meets in Gym</p>	
		Suspension Training <i>FF</i> 5:30P-6:30P (NO CLASS 12/6, 12/13)					
		Pilates 5:30P-6:30P					
		Core 360 6:30P-7:15P					
		Total Stretch 7:15P-7:45P (NO CLASS 12/6, 12/13)					

*Specific hours may vary based on holiday schedules and facility needs. Call our front desk at (928)213-2300 for more information. Classes subject to change without notice. If you would like more info, or want to set up a one-time equipment orientation, call (928)213-2304 or email the Fitness Coordinator at mstento@flagstaffaz.gov.