



City of Flagstaff Recreation Services

AQUAPLEX GROUP FITNESS

JUNE 2017

MON	TUES	WED	THUR	FRI	SAT	SUN	SUMMER HOURS*
Water Aerobics <i>P</i> 8:00A-9:00A	Cycle Express 6:30A-7:15A	Cycle Express 7:00A-7:45A	Cycle Express 6:30A-7:15A (NO CLASS 6/15)	Water Aerobics <i>P</i> 8:00A-9:00A	Group Cycle 8:30A-9:30A		FACILITY Monday-Saturday <u>6AM-9PM</u> Sunday <u>10AM-6PM</u>
P90X Live 9:00A-10:00A	Aqua Boot Camp <i>P</i> 8:00A-9:00A (NO CLASS 6/13, 6/20)	Belly Dance Fitness 8:00A-9:00A	Pilates 9:00A-10:00A	P90X Live 9:00A-10:00A	Zumba 9:30A-10:30A (6/17, 6/24 ONLY)		
Core Fitness 10:00A-11:00A	Pilates 9:00A-10:00A	Water Aerobics <i>P</i> 8:00A-9:00A	Yin Yoga 10:00A-11:00A	Core Fitness 10:00A-11:00A	A.R.T <i>FF</i> 9:30A-10:30A		
	Vinyasa Yoga 10:00A-11:00A	Strength & Stamina 9:00A-10:00A		Beginning Ballet \$ 11:00A -12:00P	Yoga Nidra 10:30A-11:30A (6/10 ONLY)		
		Core Yoga 10:00A-11:00A					
Pilates 12:00P-12:45P	Insanity Live 12:00P-12:45P	Water Aerobics <i>P</i> 12:00P-1:00P	Insanity Live 12:00P-12:45P	Pilates 12:00P-12:45P	Water Aerobics <i>P</i> 12:00P-1:00P	Water Aerobics <i>P</i> 12:00P-1:00P	BABYSITTING Monday-Friday <u>9AM-1PM & 4PM-8PM</u> Saturday <u>8:30AM-1PM</u> Sunday <u>10AM-2PM</u>
Water Aerobics <i>P</i> 12:00P-1:00P	Group Cycle 4:30P-5:30P	Kids Yoga <i>BS</i> 4:00P-4:45P (NO CLASS 6/14)	Group Cycle 4:30P-5:30P	Water Aerobics <i>P</i> 12:00P-1:00P			
Kids Fit <i>G</i> 4:00P-4:45P (NO CLASS 6/12, 6/19)	Zumba 5:30P-6:30P	A.R.T <i>FF</i> 4:30P-5:30P	Zumba 5:30P-6:30P	Intermediate Ballet \$ 1:00P-2:15P			
Suspension Training <i>FF</i> 5:00P-5:45P	Beginning Ballet \$ 6:30P -7:30P	Suspension Training <i>FF</i> 5:00P-5:45P	Intermediate Ballet \$ 6:30P-7:45P				
Zumba \$ 5:30P-6:30P		Insanity Live 5:30P-6:30P (NO CLASS 6/21)	Pointe \$ 7:45P-8:30P				
Intermediate Ballet \$ 6:30P-7:45P		Core Fitness 6:30P-7:30P (NO CLASS 6/14)					
Pointe \$ 7:45P-8:30P							
							CLIMBING WALL Monday-Friday <u>1PM-7PM</u> Saturday <u>10AM-5PM</u> Sunday <u>12PM-3PM</u>
							RECREATION SWIM Monday-Thursday <u>1PM-4:50PM</u> <u>7PM-8:45PM</u> Friday <u>1PM-8:45PM</u> Saturday <u>12PM-8:45PM</u> Sunday <u>12PM-5:45PM</u>

CLASS KEY

CB/CA Meets in Community Rooms "A" or "B"
 \$ Fee based course
P Meets in pool
BS Meets in Babysitting room
FF Meets at Fitness Floor desk
G Meets in Gym

*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.