



# City of Flagstaff Parks & Recreation

## AQUAPLEX GROUP FITNESS

January 2018

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	Cycle Express 7:00A-7:45A	Aqua Boot Camp <i>P</i> 8:00A-9:00A	Water Aerobics <i>P</i> 8:00A-9:00A	Hatha Yoga 8:30A-9:30A (NO CLASS 1/13)		<b>FACILITY</b> Monday-Saturday <u>6AM-9PM</u> Sunday <u>10AM-6PM</u>  <b>KIDS CLUB</b> Monday-Friday* <u>8:45AM-1:15PM</u> & <u>3:45PM-8:15PM</u> Saturday <u>8:30AM-1:15PM</u> Sunday <u>10AM-2PM</u> *Open at 3PM Tuesdays ONLY  <b>CLIMBING WALL</b> Monday-Friday <u>4PM-6:50PM</u> Saturday <u>10AM-4:50PM</u> Sunday <u>12PM-2:50PM</u>  <b>RECREATION SWIM</b> 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>
P90X Live 9:00A-10:00A (NO CLASS 1/8)	Gold Flex 8:00A-9:00A	<b>Gold Splash <i>P</i></b> <b>8:00A-9:00A</b>	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	Boot Camp <i>FF</i> 9:30A-10:30A		
Stretch & Roll 11:00A-12:00P	Insanity 9:00A-10:00A	Core Yoga 10:00A-11:00A	Insanity 9:00A-10:00A		Pilates <b>10:30A-11:00A</b>	<b>JANUARY 20 ONLY</b>	
	Balance & Mobility <i>FF</i> 9:15A-10:00A		Balance & Mobility <i>FF</i> 9:15A-10:00A		Boot Camp <b>11:00A-11:30A</b>		
	Vinyasa Yoga 10:00A-11:00A		Yin Yoga 10:00A-11:00A		Balance & Mobility <i>FF</i> <b>11:30A-12:00P</b>		
					Stretch & Roll <b>12:00P-12:30P</b>		
Pilates 12:00P-12:45P	Hatha Yoga Foundations 3:00P-4:00P	Pilates 12:00P-12:45P	Group Cycle 4:30P-5:30P	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			
<b>Zumba</b> <b>5:30P-6:30P</b>	Zumba 5:30P-6:30P	Kids Yoga <i>PR</i> 4:30P-5:15P	Core De Force 6:30P-7:30P				
Suspension Training <i>FF</i> 5:30P-6:30P	P90X Live 6:30P-7:30P	Boot Camp 4:30P-5:30P				<b>CLASS KEY</b>  <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	
		Suspension Training <i>FF</i> 5:30P-6:30P					
		Pilates 5:30P-6:30P					
		Core 360 6:30P-7:15P					
		Total Stretch 7:15P-7:45P					

\*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](mailto:mstento@flagstaffaz.gov).