



# City of Flagstaff Recreation Services

## AQUAPLEX GROUP FITNESS

MAY 2017

MON	TUES	WED	THUR	FRI	SAT	SUN	SPRING HOURS*
Water Aerobics <i>P</i> 9:00A-10:00A	Pilates 9:00A-10:00A	Cycle Express 7:00A-7:45A	Pilates 9:00A-10:00A	Water Aerobics <i>P</i> 9:00P-10:00P	Group Cycle 8:30A-9:30A (NO CLASS 5/6)		<b>FACILITY</b> Monday-Saturday <u>6AM-9PM</u> Sunday <u>10AM-6PM</u>
P90X Live 9:00A-10:00A	Vinyasa Yoga 10:00A-11:00A (NO CLASS 5/16)	Belly Dance Fitness 8:00A-9:00A	Yin Yoga 10:00A-11:00A	P90X Live 9:00A-10:00A	Total Stretch 9:30A-10:30A (NO CLASS 5/6)		
<b>Core Fitness</b> 10:00A-11:00A		Water Aerobics <i>P</i> 9:00A-10:00A		Core Fitness 10:00A-11:00A	A.R.T 9:30A-10:30A		<b>BABYSITTING</b> Monday-Friday <u>9AM-1PM &amp; 4PM-8PM</u> Saturday <u>8:30AM-1PM</u> Sunday <u>10AM-2PM</u>
Aqua Boot Camp <i>P</i> 11:00A-12:00P (NO CLASS 5/15, 5/29)		Strength & Stamina 9:00A-10:00A		Beginning Ballet \$ 11:00A-12:00P	Yoga Nidra 10:30A-11:30A (5/20 ONLY)		
<b>Beginning Ballet \$</b> 11:00A-12:00P		<b>Core Yoga</b> 10:00A-11:00A					<b>CLIMBING WALL</b> Monday-Friday <u>4PM-7PM</u> Saturday <u>10AM-5PM</u> Sunday <u>12PM-3PM</u>
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	<b>RECREATION SWIM</b> Mon/Wed/Fri <u>1PM-8:45PM</u> Tues/Thurs <u>1PM-4:50PM &amp; 7PM-8:45PM</u> Saturday <u>12PM-8:45PM</u> Sunday <u>12PM-5:45PM</u>
Water Aerobics <i>P</i> 12:00P-1:00P	<b>Ballet Skills \$</b> 1:00P-2:15P	Kids Yoga <i>BS</i> 4:00P-4:45P	<b>Ballet Skills \$</b> 1:00P-2:15P	Water Aerobics <i>P</i> 12:00P-1:00P			
Kids Fit <i>G</i> 3:15P-4:15P (NO CLASS 5/22, 5/29)	Group Cycle 4:30P-5:30P	A.R.T 4:30P-5:30P	Group Cycle 4:30P-5:30P	<b>Basic Ballet \$</b> 1:00P-2:00P			<b>CLASS KEY</b>  <i>CB/CA</i> Meets in Community Rooms "A" or "B" <i>\$</i> Fee based course <i>P</i> Meets in pool <i>BS</i> Meets in Babysitting room <i>FF</i> Meets at Fitness Floor desk <i>G</i> Meets in Gym
Kids Yoga <i>BS</i> 4:00P-4:45P (NO CLASS 5/15, 5/29)	Zumba 5:30P-6:30P	Suspension Training <i>FF</i> 5:00P-5:45P	<b>Zumba</b> 5:30P-6:30P (NO CLASS 5/18)				
<b>Vinyasa Yoga</b> 4:30P-5:30P (5/8, 5/22 ONLY)	Youth Ballet \$ 6:30P-7:15P	<b>Insanity Live</b> 5:30P-6:30P	Beginning Ballet \$ 6:30P-7:30P				
Suspension Training <i>FF</i> 5:00P-5:45P	<b>Beginning Ballet \$</b> 7:15P-8:15P	<b>Core Fitness</b> 6:30P-7:30P	<b>Intermediate Ballet \$</b> 7:30P-8:45P				
Zumba \$ 5:30P-6:30P							
<b>Intermediate Ballet \$</b> 6:30P-7:45P							
<b>Pointe \$</b> 7:45P-8:15P							

\*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.

New facility members are encouraged to schedule a Fitness Floor orientation with the Fitness Coordinator. Call (928)213-2304 or email Mark at mstento@flagstaffaz.gov for more info.