



CITY OF FLAGSTAFF PARKS & RECREATION

AQUAPLEX GROUP FITNESS

March 2018

MORNING CLASSES

AFTERNOON CLASSES

	MON	TUES	WED	THUR	FRI	SAT	SUN	SPRING HOURS
MORNING CLASSES	Water Aerobics <i>P</i> 8:00A-9:00A (STAFF)	Aqua Boot Camp <i>P</i> 8:00A-9:00A (JEN) (NO CLASS 3/20)	Cycle Express 7:00A-7:45A (LIZ)	Gold Balance 8:00A-9:00A (ROBYN)	Water Aerobics <i>P</i> 8:00A-9:00A (STAFF)	Hatha Yoga 8:30A-9:30A (CLAIR)		FACILITY Monday-Saturday <u>6AM-9PM</u> Sunday <u>10AM-6PM</u> KIDS CLUB Monday-Friday <u>8:45AM-1:15PM & 3:45PM-8:15PM</u> Saturday <u>8:30AM-1:15PM</u> Sunday <u>10AM-2PM</u>
	P90X Live 9:00A-10:00A (MYRIAH)	Gold Flex 8:00A-9:00A (ROBYN)	Aqua Gold <i>P</i> 8:00A-9:00A (ROBYN)	Water Aerobics <i>P</i> 9:00A-10:00A (STAFF)	P90X Live 9:00A-10:00A (MYRIAH)	Zumba 9:30A-10:30A (AMANDA)		
	Core 360 10:00A-11:00A (JEN)	Water Aerobics <i>P</i> 9:00A-10:00A (STAFF)	Core De Force 9:00A-10:00A (MYRIAH)	Insanity 9:00A-10:00A (MYRIAH)	Core 360 10:00A-11:00A (TRAVIS)	Boot Camp <i>FF</i> 9:30A-10:30A (TRAVIS) (NO CLASS 3/17)		
	Stretch & Roll 11:00A-12:00P (JEN)	Insanity 9:00A-10:00A (MYRIAH)	Vinyasa Yoga 10:00A-11:00A (VAL)	Balance & Mobility <i>FF</i> 9:15A-10:00A (JEN)				
		Balance & Mobility <i>FF</i> 9:15A-10:00A (JEN)		Yin Yoga 10:00A-11:00A (VAL)				
		NEW Yin Yang Yoga 10:00A-11:00A (VAL)						
AFTERNOON CLASSES	Pilates 12:00P-12:45P (KELLY)	Youth Fitness <i>G</i> 3:30P-4:30P (JEN) (NO CLASS 3/20)	Pilates 12:00P-12:45P (KELLY)	NEW P90X Live 12:00P-12:45P (MYRIAH)	Pilates 12:00P-12:45P (KELLY)	Water Aerobics <i>P</i> 12:00P-1:00P (STAFF)	Water Aerobics <i>P</i> 12:00P-1:00P (STAFF)	CLIMBING WALL Monday-Friday <u>4PM-6:50PM</u> Saturday <u>10AM-4:50PM</u> Sunday <u>12PM-2:50PM</u>
	Water Aerobics <i>P</i> 12:00P-1:00P (STAFF)	Group Cycle 4:30P-5:30P (JEN)	Water Aerobics <i>P</i> 12:00P-1:00P (STAFF)	Group Cycle 4:30P-5:30P (MARK)	Water Aerobics <i>P</i> 12:00P-1:00P (STAFF)			
	Zumba 5:30P-6:30P (AMY)	Zumba 5:30P-6:30P (REN)	Kids Yoga <i>PR</i> 4:30P-5:15P (JEN) (NO CLASS 3/21)	Zumba 5:30P-6:30P (REN)	Adult Only Climbing <i>CW</i> 7:00P-7:50P (STAFF)			
	Suspension Training <i>FF</i> 5:30P-6:30P (JEN)	P90X Live 6:30P-7:30P (MYRIAH)	Boot Camp 4:30P-5:30P (TRAVIS)					
			Suspension Training <i>FF</i> 5:30P-6:30P (JEN) (NO CLASS 3/21)				CLASS KEY <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 on Fitness Floor <i>G</i> Meets in Gym <i>CW</i> Meets at Wall	
			Hatha Yoga 5:30P-6:30P (CLAIR)					
			NEW Stretch & Roll 6:30P-7:30P (JEN) (NO CLASS 3/21)					
							RECREATION SWIM 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>	

*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.