



Effective 11/1/16 rev. 1
 Facility closed Thursday, 11/24/16
 Special hours on Friday, 11/25/16

City of Flagstaff Recreation Services

AQUAPLEX GROUP FITNESS

Classes subject to change without notice.
 See reverse for descriptions and age restrictions.
 Classes in Movement Studio unless otherwise noted.

MON	TUES	WED	THUR	FRI	SAT	SUN	FALL HOURS
Kids Fit Jr. # 8:00A-8:45A	Pilates Movement 8:00A-9:00A	Cycle Express 7:00A-7:45A	Pilates Movement 9:00A-10:00A	Water Aerobics * 9:00P-10:00P (11/4, 11/11, 11/18 ONLY)	Group Cycle 8:30A-9:30A		FACILITY Monday-Saturday <u>6AM-9PM</u> Sunday <u>10AM-6PM</u> BABYSITTING Monday-Friday <u>9AM-1PM & 4PM-8PM</u> Saturday <u>8:30AM-1PM</u> Sunday <u>10AM-2PM</u>
Water Aerobics * 9:00A-10:00A	Adult Bootcamp 9:00A-10:00A	Kids Fit Jr. # 8:00A-8:45A	Yin Yoga ^ 10:00A-11:00A	P90X Live 9:00A-10:00A (11/4, 11/11, 11/18 ONLY)	Intermediate/Adv Ballet \$ 10:00A-11:30A		
Core Fitness 9:00A-10:00A	Aqua Yoga * 10:00A-11:00A	Water Aerobics * 9:00A-10:00A		Adv Beginning Ballet \$ 11:45A-1:00P (11/4, 11/11, 11/18 ONLY)			
Vinyasa Yoga ^ 10:00A-11:00A		Strength & Stamina 9:00A-10:00A					
Aqua Boot Camp * 10:30A-11:30A		Aqua Yoga * 10:00A-11:00A					
		Core Fitness 10:00A-11:00A					
Insanity Live 12:00P-12:45P	Pilates 12:00P-12:45P	Water Aerobics * 12:00P-1:00P	Insanity Live 12:00P-12:45P	Pilates ^ 12:00P-12:45P (11/4, 11/11, 11/18 ONLY)	Water Aerobics * 12:00P-1:00P	Water Aerobics * 12:00P-1:00P	
Water Aerobics * 12:00P-1:00P	Water Aerobics * 12:00P-1:00P	Beginning Ballet \$ 1:45P-3:00P (11/2,11/9, 11/16 ONLY)	Water Aerobics * 12:00P-1:00P	Water Aerobics * 12:00P-1:00P			
Kids Fit # ! 4:00P-5:00P	Adult Bootcamp 4:30P-5:30P	Kids Yoga # ! 4:00P-5:00P	Women's Run & Walk 4:30P-5:30P	Insanity Live 5:30P-6:30P			
Adult Bootcamp 4:30P-5:30P	Water Aerobics * 5:30P-6:30P	Adult Bootcamp 4:30P-5:30P	Adult Bootcamp 4:30P-5:30P			CLASS KEY ^ Course meets in Community Room B \$ Fee based course * Course meets in pool # Youth course, see description ! Course meets in Babysitting room	
Zumba \$ 5:30P-6:30P		Group Cycle 5:30P-6:30P	Water Aerobics * 5:30P-6:30P				RECREATION SWIM Mon/Wed/Fri <u>1PM-8:45PM</u> Tues/Thurs <u>1PM-4:50PM &</u> <u>7PM-8:45PM</u> Saturday <u>12PM-8:45PM</u> Sunday <u>12PM-5:45PM</u>
Intermediate Ballet \$ 6:45P-8:00P		Core Fitness 6:30P-7:00P	Feldenkrais Method 6:30P-7:30P				