



City of Flagstaff Parks & Recreation

AQUAPLEX GROUP FITNESS

February 2018

MORNING CLASSES

AFTERNOON CLASSES

	MON	TUES	WED	THUR	FRI	SAT	SUN	WINTER 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 (NO CLASS 2/22)	Water Aerobics <i>P</i> 8:00A-9:00A	Hatha Yoga 8:30A-9:30A (NO CLASS 2/24)		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	Gold Flex 8:00A-9:00A	Aqua Gold <i>P</i> 8:00A-9:00A	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	Vinyasa Yoga 10:00A-11:00A	Insanity 9:00A-10:00A				
		Balance & Mobility <i>FF</i> 9:15A-10:00A		Balance & Mobility <i>FF</i> 9:15A-10:00A				
		Yin Yoga 10:00A-11:00A		Yin Yoga 10:00A-11:00A				
	Pilates 12:00P-12:45P	Youth Fitness 3:30P-4:30P	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	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	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			
	Zumba 5:30P-6:30P	Zumba 5:30P-6:30P (NO CLASS 2/6)	Kids Yoga <i>PR</i> 4:30P-5:15P	Core De Force 6:30P-7:30P	Adult Only Climbing <i>CW</i> 7:00P-7:50P			
	Suspension Training <i>FF</i> 5:30P-6:30P	P90X Live 6:30P-7:30P	Boot Camp 4:30P-5:30P				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 at Fitness Floor desk <i>G</i> Meets in Gym <i>CW</i> Meets at Wall	
			Suspension Training <i>FF</i> 5:30P-6:30P					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>
			Hatha Yoga 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.