# City of Flagstaff Recreation Services

## AQUAPLEX GROUP FITNESS

*NOVEMBER 2017*

| MON | TUES | WED | THUR | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| Water Aerobics ***P*** 8:00A-9:00A (NO CLASS 11/20) | Aqua Boot Camp ***P*** 8:00A-9:00A | Cycle Express 7:00A-7:45A | Aqua Boot Camp ***P*** 8:00A-9:00A | Water Aerobics ***P*** 8:00A-9:00A | **Hatha Yoga 8:30A-9:30A** | |
| P90X Live 9:00A-10:00A | **Gold Flex 8:00A-9:00A** | Water Aerobics ***P*** 8:00A-9:00A (NO CLASS 11/22) | **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 *P* 9:00A-10:00A (NO CLASS 11/21)** | Core De Force 9:00A-10:00A | **Water Aerobics *P* 9:00A-10:00A** | Core 360 10:00A-11:00A | A.R.T ***FF*** 9:30A-10:30A | |
| Strech N' Roll 11:00A-12:00P | Insanity 9:00A-10:00A | Core Yoga 10:00A-11:00A | Insanity 9:00A-10:00A | | | |
| | Suspension Training ***FF*** 9:15A-10:00A | | Suspension Training ***FF*** 9:15A-10:00A | | | |
| | Vinyasa Yoga 10:00A-11:00A | | Yin Yoga 10:00A-11:00A | | | |
| | | | | | | |
| Pilates 12:00P-12:45P | Core De Force 12:00P-12:45P | Pilates 12:00P-12:45P (NO CLASS 11/22) | Core De Force 12:00P-12:45P | Pilates 12:00P-12:45P | Water Aerobics ***P*** 12:00P-1:00P (NO CLASS 11/25) | Water Aerobics ***P*** 12:00P-1:00P (NO CLASS 11/26) |
| Water Aerobics ***P*** 12:00P-1:00P (NO CLASS 11/20) | Hatha Yoga Foundations 3:00P-4:00P | Water Aerobics ***P*** 12:00P-1:00P (NO CLASS 11/22) | Group Cycle 4:30P-5:30P | Water Aerobics ***P*** 12:00P-1:00P (NO CLASS 11/24) | | |
| Suspension Training ***FF*** 5:30P-6:30P | Group Cycle 4:30P-5:30P | Kids Yoga ***PR*** 4:30P-5:15P | Zumba 5:30P-6:30P | Zumba 5:30P-6:30P | | |
| | Zumba 5:30P-6:30P | A.R.T 4:30P-5:30P | Core De Force 6:30P-7:30P | | | |
| | P90X Live 6:30P-7:30P | Suspension Training ***FF*** 5:30P-6:30P | | | | |
| | | Pilates 5:30P-6:30P | | | | |
| | | Core 360 6:30P-7:15P | | | | |
| | | Total Stretch 7:15P-7:45P | | | | |
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### CLASS KEY

***CB/CA*** Meets in Community Rooms "**A**" or "**B**"
***$*** Fee based course
***P*** Meets in pool
***PR*** Meets in party room
***FF*** Meets at Fitness Floor desk
***G*** Meets in Gym

### FALL HOURS

**FACILITY**
**Monday-Saturday**
**6AM-9PM**
**Sunday**
**10AM-6PM**

**KIDS CLUB**
**Monday-Friday***
**8:45AM-1:15PM &**
**3:45PM-8:15PM**
**Saturday**
**8:30AM-1:15PM**
**Sunday**
**10AM-2PM**
***Open at 3PM Tuesdays ONLY**

**CLIMBING WALL**
**Monday-Friday**
**4PM-7PM**
**Saturday**
**10AM-5PM**
**Sunday**
**12PM-3PM**

**RECREATION SWIM**
**Monday & Wednesday**
**1PM-8:45PM**
**Tuesday & Thursday**
**1PM-4:50PM**
**7PM-8:45PM**
**Friday & Saturday**
**1PM-8:45PM**
**Sunday**
**1PM-5:45PM**

**THANKSGIVING HOURS: WEDNESDAY 11/22/17 6AM-4PM, THURSDAY 11/23/17 CLOSED, FRIDAY 11/24/17 10AM-9PM**