



CITY OF FLAGSTAFF PARKS & RECREATION

AQUAPLEX GROUP FITNESS

May 2018

	MON	TUES	WED	THUR	FRI	SAT	SUN	SPRING HOURS
MORNING CLASSES	P90X Live 9:00A-10:00A (MYRIAH) (NO CLASS 5/28)	Aqua Boot Camp <i>P</i> 8:00A-9:00A (JEN)	Cycle Express 7:00A-7:45A (LIZ)	Gold Balance 8:00A-9:00A (ROBYN)	P90X Live 9:00A-10:00A (MYRIAH) (NO CLASS 5/25)	Hatha Yoga 8:30A-9:30A (CLAIR)	Restorative Yoga 10:15A-11:15A (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>
	Core 360 10:00A-11:00A (JEN)	Gold Flex 8:00A-9:00A (ROBYN)	Gold Move 8:00A-9:00A (ROBYN)	Insanity 9:00A-10:00A (MYRIAH)	Strength & Stamina 10:00A-11:00A (TRAVIS)	Zumba 9:30A-10:30A (AMANDA)		
	Stretch & Roll 11:00A-12:00P (JEN)	Insanity 9:00A-10:00A (MYRIAH)	Core De Force 9:00A-10:00A (MYRIAH)	Balance & Mobility <i>FF</i> 9:15A-10:00A (JEN)		<i>Mindfulness CM</i> 9:30A-10:30A (JEN) (5/26 ONLY)		
		Balance & Mobility <i>FF</i> 9:15A-10:00A (JEN)	<i>Zumba</i> 10:00A-11:00A (BERTA) (5/23, 5/30 ONLY)	Yin Yoga 10:00A-11:00A (VAL)		Boot Camp <i>FF</i> 9:30A-10:30A (TRAVIS)		
		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)	Pilates 12:00P-12:45P (KELLY)	P90X Live 12:00P-12:45P (MYRIAH)	Pilates 12:00P-12:45P (KELLY)			CLIMBING WALL Monday-Friday <u>4PM-6:50PM</u> Saturday <u>10AM-4:50PM</u> Sunday <u>12PM-2:50PM</u> 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>
	<i>Vinyasa Yoga</i> 4:30P-5:30P (VAL)	Group Cycle 4:30P-5:30P (JEN)	Kids Yoga <i>PR</i> 4:30P-5:15P (JEN)	Group Cycle 4:30P-5:30P (MARK)	Adult Only Climbing <i>CW</i> 7:00P-7:50P (STAFF)			
	Zumba 5:30P-6:30P (AMY)	Zumba 5:30P-6:30P (REN)	Circuit Training 4:30P-5:30P (TRAVIS)	Zumba 5:30P-6:30P (REN)				
	Suspension Strong <i>FF</i> 5:30P-6:30P (JEN)	P90X Live 6:30P-7:30P (MYRIAH)	Suspension Strong <i>FF</i> 5:30P-6:30P (JEN) (NO CLASS 5/2)					
	Bolly X 6:30P-7:30P (AMANDA)		Hatha Yoga 5:30P-6:30P (CLAIR)					
			Stretch & Roll 6:30P-7:30P (JEN)					

CLASS KEY

P Meets in pool
PR Meets in party room
FF Meets on fitness floor
G Meets in gym
CW Meets at wall
CM Meets at Community Rooms

Italicized classes are NEW

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.