



# CITY OF FLAGSTAFF PARKS & RECREATION

## AQUAPLEX GROUP FITNESS

August 2018

MORNING CLASSES

AFTERNOON CLASSES

MON	TUES	WED	THUR	FRI	SAT	SUN
Water Aerobics <i>P</i> 8:00A-9:00A (STAFF)	Gold Flex 8:00A-9:00A (ROBYN)	Cycle Express 7:00A-7:45A (LIZ) <b>(NO CLASS 8/1)</b>	Gold Balance 8:00A-9:00A (ROBYN)	Water Aerobics <i>P</i> 8:00A-9:00A (STAFF)	Hatha Yoga 8:30A-9:30A (CLAIR)	Restorative Yoga 10:15A-11:15A (CLAIR)
P90X Live 9:00A-10:00A (MYRIAH)	Insanity 9:00A-10:00A (MYRIAH)	Water Aerobics <i>P</i> 8:00A-9:00A (STAFF)	Insanity 9:00A-10:00A (MYRIAH)	Strength & Stamina 10:00A-11:00A (TRAVIS)	Zumba 9:30A-10:30A (AMANDA) <b>(NO CLASS 8/25)</b>	
Core 360 10:00A-11:00A (TRAVIS)	Balance & Mobility <i>FF</i> 9:15A-10:00A (ROBYN)	Gold Move 8:00A-9:00A (ROBYN)	Balance & Mobility <i>FF</i> 9:15A-10:00A (AMANDA)		Mindfulness <i>CM</i> 9:30A-10:30A (BRUCE) <b>(8/25 ONLY)</b>	
Stretch & Roll 11:00A-12:00P (CLAIR)	Yin Yang Yoga 10:00A-11:00A (VAL)	Core De Force 9:00A-10:00A (MYRIAH)	Yin Yoga 10:00A-11:00A (VAL)		Boot Camp <i>FF</i> 9:30A-10:30A (TRAVIS) <b>(NO CLASS 8/25)</b>	
		Zumba 10:00A- 11:00A (BERTA)				
Pilates 12:00P-12:45P (KELLY)	Youth Fitness <i>G</i> 3:30P-4:30P (STAFF) <b>(NO CLASS 8/7)</b>	Core Vinyasa 12:00P-12:45P (VAL)	P90X Live 12:00P-12:45P (MYRIAH)	Pilates 12:00P-12:45P (KELLY) <b>(NO CLASS 8/3)</b>	Water Aerobics <i>P</i> 12:00P-1:00P (STAFF)	Water Aerobics <i>P</i> 12:00P-1:00P (STAFF)
Zumba 5:30P-6:30P (AMY)	Group Cycle 4:30P-5:30P (MYRIAH) <b>(NO CLASS 8/7)</b>	Bolly X 4:30P-5:30P (AMANDA)	Zumba 5:30P-6:30P (REN)	Water Aerobics <i>P</i> 12:00P-1:00P (STAFF)		
Suspension Strong <i>FF</i> 5:45P-6:30P (LIZ)	Zumba 5:30P-6:30P (REN)	Hatha Yoga 5:30P-6:30P (CLAIR)		Adult Only Climbing <i>CW</i> 7:00P-7:50P (STAFF)		
	P90X Live 6:30P-7:30P (MYRIAH)	Suspension Strong <i>FF</i> 5:45P-6:30P (AMANDA)				
		Roll & Relax 6:30P-7:30P (CLAIR)				

### 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

**CLIMBING WALL**  
Monday-Friday  
2PM-6:50PM  
Saturday  
12PM-4:50PM  
Sunday  
12PM-2:50PM

### 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*

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

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 to speak with a Parks & Recreation professional.