



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) (NO CLASS 8/1)	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) (NO CLASS 8/25)	
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) (8/25 ONLY)	
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) (NO CLASS 8/25)	
		Zumba 10:00A- 11:00A (BERTA)				
Pilates 12:00P-12:45P (KELLY)	Youth Fitness <i>G</i> 3:30P-4:30P (STAFF) (NO CLASS 8/7)	Core Vinyasa 12:00P-12:45P (VAL)	P90X Live 12:00P-12:45P (MYRIAH)	Pilates 12:00P-12:45P (KELLY) (NO CLASS 8/3)	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) (NO CLASS 8/7)	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)				CLASS KEY <i>P</i> Meets in pool <i>PR</i> Meets in party room <i>FF</i> Meets on fitness floor <i>G</i> Meets in gym <i>CW</i> Meets at wall <i>CM</i> Meets at Community Rooms <i>Italicized classes are NEW</i>
		Roll & Relax 6:30P-7:30P (CLAIR)				

FALL HOURS
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>
CLIMBING WALL
Monday-Friday <u>2PM-6:50PM</u>
Saturday <u>12PM-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>

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.