



# CITY OF FLAGSTAFF PARKS & RECREATION

## AQUAPLEX GROUP FITNESS

December 2018

	MON	TUES	WED	THUR	FRI	SAT	SUN	FALL HOURS
<b>MORNING CLASSES</b>	Pilates <b>8:00A-9:00A</b> (KELLY) (No class 12/24)	Gold Flex <b>8:00A-9:00A</b> (ROBYN) (No class 12/25, 1/1)	Cycle Express <b>7:00A-7:45A</b> (LIZ) (No class 12/26)	Gold Balance <b>8:00A-9:00A</b> (ROBYN)	P90X <b>9:00AM-10:00A</b> (JENN)	Mindfulness <b>8:30A-9:20A</b> (BRUCE)	Restorative Yoga <b>10:15A-11:15A</b> (CLAIR)	<b>FACILITY</b> Monday-Saturday <u>6AM-9PM</u> Sunday <u>10AM-6PM</u>  <b>KIDS CLUB</b> Monday-Friday <u>8:45AM-1:15PM &amp; 3:45PM-8:15PM</u> Tuesday & Thursday <u>Opens 3:15PM</u> Saturday <u>8:30AM-1:15PM</u> Sunday <u>10AM-1:15PM</u>
	P90X Live <b>9:00A-10:00A</b> (JENN) (No class 12/24)	Insanity <b>9:00A-10:00A</b> (JENN) (No class 12/25, 1/1)	Gold Move <b>8:00A-9:00A</b> (ROBYN) (No class 12/26)	Insanity <b>9:00A-10:00A</b> (JENN)	Stretch and Roll <i>F</i> <b>11:00AM-12:00P</b> (CLAIR)	Hatha Yoga <b>9:30A-10:30A</b> (CLAIR)		
	Core 360 <b>10:00A-11:00A</b> (TRAVIS) (No class 12/24, 12/31)	Balance & Mobility <i>FF</i> <b>9:15A-10:00A</b> (ROBYN) (No class 12/25, 1/1)	Zumba <b>10:00A- 11:00A</b> (BERTA) (Starts 10:15AM on 12/26)	Balance & Mobility <i>FF</i> <b>9:15A-10:00A</b> (ROBYN)		Brazilian Jiu Jitsu <b>11:00A-1:00P</b>		
	Stretch & Roll <b>11:00A-12:00P</b> (CLAIR) (No class 12/24)	Flow to Yin Yoga <b>10:00A-11:00A</b> (CLAIR) (No class 12/25, 1/1)		Yin Yoga <b>10:00A-11:00A</b> (CLAIR)				
<b>AFTERNOON CLASSES</b>	Gentle Yoga <b>12:00P-1:00P</b> (CLAIR) (No class 12/24)	Brazilian Jiu Jitsu <b>12:00P-2:00P</b> (No class 12/25, 1/1)	Flow Yoga <b>12:00P-12:50P</b> (CLAIR)	Youth Fitness Ages 9-14 <b>3:30P-4:30P</b> (NADINE)	Gentle Yoga <b>12:00P-1:00P</b> (CLAIR)	Swing Dance Lesson <b>1:30P-2:30P</b> Beginner		<b>CLIMBING WALL</b> Monday-Friday <u>4PM-6:50PM</u> Saturday <u>10AM-4:50PM</u> Sunday <u>12PM-2:50PM</u>  <b>RECREATION SWIM</b> 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>
	Zumba <b>5:30P-6:30P</b> (AMY) (No class 12/24)	Kids Fitness Ages 5-8 <i>G</i> <b>3:30P-4:30P</b> (STAFF) (No class 12/25, 1/1)	Hatha Yoga <b>5:30PM-6:30PM</b> (BRUCE)	Group Cycle <b>4:30P-5:30P</b> (MICHELLE)	Water Aerobics <i>P</i> <b>12:00P-1:00P</b> (STAFF)	Swing Dance Lesson <b>2:30P-3:30P</b> Int/Avd		
	Suspension Strong <i>FF</i> <b>5:45P-6:30P</b> (LIZ) (No class 12/24)	Youth Fitness Ages 9-14 <b>3:30P-4:30P</b> (NADINE) (No class 12/25, 1/1)	Pilates <b>6:30P-7:30P</b> (KELLY) (No Class 12/12, 12/26)	Zumba <b>5:30P-6:30P</b> (STAFF)	Brazilian Jiu Jitsu <b>1:00P-3:00P</b>			
	OPEN Adult/Teen Ballet <b>6:45P-8:30P</b> (CYNTHIA) (Additional Fee) (No class 12/24)	Group Cycle <b>4:30P-5:30P</b> (MICHELLE) (No class 12/15, 1/1)		Brazilian Jiu Jitsu <b>6:30P-8:00P</b>	Adult Only Climbing <i>CW</i> <b>7:00P-7:50P</b> (STAFF)			
		Zumba <b>5:30P-6:30P</b> (STAFF) (No class Dec 4, 11, 25)						
		P90X Live <b>6:30P-7:30P</b> (JENN) (No class DEC 11, 25)						
		Brazilian Jiu Jitsu <b>7:30P-8:45P</b> (No class 12/25, 1/1)						
<b>Wednesday 9AM Core De Force and Thursday 12PM P90X will resume in January 2019!</b>								

**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 to speak with a Parks & Recreation professional.