



CITY OF FLAGSTAFF PARKS & RECREATION

AQUAPLEX GROUP FITNESS

January 2020

MON	TUES	WED	THUR	FRI	SAT	SUN	FALL HOURS
	Strong by Zumba 6:10A-7:10A (AMY)		Strong by Zumba 6:10A-7:10A (AMY)			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	FACILITY Monday-Saturday 6AM-9PM Sunday 10AM-6PM KIDS CLUB Monday&Wednesday &Friday 8:45AM-1:15PM &4:00PM-8:15PM Tuesday & Thursday 8:45AM-1:15PM &3:15PM-8:15PM Saturday 7:45AM-1:15PM Sunday 10AM-3:30PM CLIMBING WALL Monday-Friday 4PM-6:50PM Saturday 10AM-4:50PM Sunday 12PM-2:50PM RECREATION SWIM Monday-Thursday 1PM-4:50PM & 6:30PM-8:45PM Friday & Saturday 1PM-8:45PM Sunday 1PM-5:45PM
		Cycle Express 8:00A-8:45A (LIZ)			Strength and Stamina 8:00A-9:00A (NADINE)		
P90X Live 9:00A-10:00A (MYRIAH)	Insanity 9:00A-10:00A (MYRIAH)	Core De Force 9:00A-10:00A (MYRIAH)	Insanity 9:00A-10:00A (MYRIAH)	P90X Live 9:00A-10:00A (MYRIAH)	Suspension Extreme <i>FF</i> 9:00A-9:45A (NADINE)		
Balance & Mobility <i>FF</i> 9:15A-10:00A (ROBYN)	Balance & Mobility <i>FF</i> 9:15A-10:00A (ROBYN)	Suspension Strong <i>FF</i> 9:15A-10:00A (ROBYN)	Balance & Mobility <i>FF</i> 9:15A-10:00A (ROBYN)		Hatha Yoga 9:30A-10:30A (BRUCE)		
	Yin Yoga 10:00A-11:00A (ROBYN)	Pilates 10:00A-11:00A (ROBYN)	Hatha Yoga 10:00A-11:00A (BRUCE)				
Stretch & Roll 11:00A-12:00P (RAYNE)	Silver Sneakers Stability 11:00A-11:50A (RAYNE) <i>(No class 1/14)</i>	Gold Flex 11:00A-12:00P (ROBYN)	Silver Sneakers Stability 11:00A-11:50A (RAYNE)	Stretch & Roll 11:00A-12:00P (RAYNE)			
Gentle Yoga 12:00P-1:00P (ROBYN)		Flow Yoga 12:00P-1:00P (BRUCE)		Gentle Yoga 12:00P-1:00P (BRUCE)	Brazilian Jiu Jitsu 11:00A-1:00P		
					Power Yoga (AUSTRI) 1:00P-2:00P		
					Restorative Yoga(AUSTRI) 2:15P-3:15P		
	Youth Fitness <i>G</i> 3:30P-4:30P (TOM)		Youth Fitness <i>G</i> 3:30P-4:30P (TOM)				
	Kids Fitness 3:30P-4:30P (CHRIS)	Insanity 4:30P-5:30P (JENN T.)	Kids Fitness 3:30P-4:30P (CHRIS)				
	Group Cycle 4:30P-5:30P (JEN P.)	Kids Yoga <i>PR</i> 4:30P-5:30P (TOM)	Group Cycle 4:30P-5:30P (JEN P.)				
Zumba 5:30P-6:30P (TATUM)	Zumba 5:30P-6:30P (TATUM)	Hatha Yoga 5:30P-6:30P (BRUCE)	Zumba 5:30P-6:30P (TATUM)	Brazilian Jiu Jitsu 5:00P-6:45P			
	P90X Live 6:30P-7:30P (MYRIAH)		OPEN Adult/Teen Ballet 6:30P-7:30P (Add. Fee)				
Brazilian Jiu Jitsu 7:30P-8:45P	Brazilian Jiu Jitsu 7:30P-8:45P	Brazilian Jiu Jitsu 7:30P-8:45P	Brazilian Jiu Jitsu 7:30P-8:45P				

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.

Due to varying availability some classes have rotating instruction. For more information on group fitness programming please call (928) 213-2304.