



CITY OF FLAGSTAFF PARKS & RECREATION

AQUAPLEX GROUP FITNESS

May 2019

MORNING CLASSES

AFTERNOON CLASSES

	MON	TUES	WED	THUR	FRI	SAT	SUN	WINTER HOURS
	Let's Get LIIT 6:10A-7:00A (STAFF) (No class May 6)	Strong by Zumba 6:10A-7:10A (AMY) (No class May 7)	Let's Get LIIT 6:10A-7:00A (STAFF) (No class May 8)	Strong by Zumba 6:10A-7:10A (AMY)				FACILITY Monday-Saturday <u>6AM-9PM</u> Sunday <u>10AM-6PM</u> KIDS CLUB MON/WED/FRI <u>8:45AM-1:15PM & 4:00PM-8:15PM</u> Tues/Thurs <u>8:45AM-1:15PM & 3:15PM-8:15PM</u> Saturday <u>8:45AM-1:15PM</u> Sunday (No class May 12)
			Cycle Express 7:00A-7:45A (LIZ) (No class May 15)		Suspension Strong FF 7:30A-8:15A (LIZ)			
	Pilates 8:00A-9:00A (ROBYN) (No class May 6)	Gold Flex 8:00A-9:00A (ROBYN) (No class May 7)	Gold Move 8:00A-9:00A (ROBYN) (No class May 8)	Gold Balance 8:00A-9:00A (ROBYN)				
	P90X Live 9:00A-10:00A (MYRIAH) (No class May 6)	Insanity 9:00A-10:00A (MYRIAH) (No class May 7)	Core De Force 9:00A-10:00A (MYRIAH) (No class May 8)	Insanity 9:00A-10:00A (MYRIAH)	P90X 9:00A-10:00A (MYRIAH)	Heart Strong 8:30A-9:30A (STAFF)		
		Balance & Mobility FF 9:15A-10:00A (ROBYN) (No class May 7)	Suspension Strong FF 9:15A-10:00A (MYRYA) (No class May 8)	Balance & Mobility FF 9:15A-10:00A (ROBYN)		Hatha Yoga 9:30A-10:30A (BRUCE)		
	Belly Dance Basics 10:00A-11:00A (ROBYN) (No class May 6)	Yin Yoga 10:00A-11:00A (CLAIR) (No class May 7)	Qigong 10:00A-11:00A (Instr. Z) (No class May 1 & 8)	Yin Yoga 10:00A-11:00A (CLAIR)			Restorative Yoga 10:15A-11:15A (CLAIR) (No class May 12)	
	Stretch & Roll 11:00A-12:00P (STAFF) (No class May 6)		Belly Dance Basics 11:00A-12:00P (CLAIR) (No class May 8)		Stretch and Roll 11:00AM-12:00P (STAFF)	Brazilian Jiu Jitsu 11:00A-1:00P		
		Brazilian Jiu Jitsu 12:00P-2:00P (No class May 7)						
	Gentle Yoga 12:00P-1:00P (CLAIR) (No class May 6)	Kids Fitness G 3:30P-4:20P (STAFF) (No class May 7)	Flow Yoga 12:00P-12:50P (CLAIR) (No class May 8)	P90X Live 12:00P-12:45P (MYRIAH) (No class May 23)	Gentle Yoga 12:00P-1:00P (BRUCE)			
		Youth Fitness 3:30P-4:20P (NADINE) (No class May 7)		Youth Fitness 3:30P-4:20P (NADINE)	Brazilian Jiu Jitsu 1:00P-3:00P			
		Group Cycle 4:30P-5:30P (MYRIAH) (No class May 7)	Insanity 4:30P-5:30P (JENN) (No class May 8)	Group Cycle 4:30P-5:30P (MYRIAH)				
		Suspension Strong 5:30P-6:15P (MICHELLE) (No class May 7 & 28)						
	Zumba 5:30P-6:30P (AMY) (No class May 6 & 27)	Zumba 5:30P-6:30P (BERTA) (No class May 7)	Hatha Yoga 5:30P-6:30P (BRUCE) (No class May 8)	Zumba 5:30P-6:30P (BERTA) (No class 5/2)				
	Suspension Strong FF 5:45P-6:30P (LIZ) (No class May 6)	P90X Live 6:30P-7:30P (MYRIAH) (No class May 7)	Basic Self Defense 6:30P-7:45P (Instr. Z) (No class May 1 & 8)	Brazilian Jiu Jitsu 6:30P-8:00P				
	OPEN Adult/Teen Ballet 6:45P-8:30P (CYNTHIA) (Additional Fee) (No class May 6)	Brazilian Jiu Jitsu 7:30P-8:45P (No class May 7)			Adult Only Climbing CW 7:00P-7:50P (STAFF)			

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

Recreation Swim is canceled May 1-24 during pool closure.

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.