



CITY OF FLAGSTAFF PARKS & RECREATION

AQUAPLEX GROUP FITNESS

November 2018

MORNING CLASSES

AFTERNOON CLASSES

MON	TUES	WED	THUR	FRI	SAT	SUN
Water Aerobics P 8:00A-9:00A (STAFF)	Gold Flex 8:00A-9:00A (ROBYN)	Cycle Express 7:00A-7:45A (LIZ) (No class 11/14)	Gold Balance 8:00A-9:00A (ROBYN) (No Class 11/22)	Water Aerobics P 8:00A-9:00A (STAFF) (No Class 11/23)	Mindfulness 8:30A-9:20A (BRUCE) (11/17 ONLY)	Restorative Yoga 10:15A-11:15A (CLAIR)
Pilates 8:00A-9:00A (KELLY)	Insanity 9:00A-10:00A (MYRIAH)	Water Aerobics P 8:00A-9:00A (STAFF)	Insanity 9:00A-10:00A (MYRIAH) (No Class 11/22)	P90X 9:00AM-10:00A (MYRIAH) (No Class 11/23)	Hatha Yoga 9:30A-10:30A (CLAIR)	
P90X Live 9:00A-10:00A (MYRIAH)	Balance & Mobility FF 9:15A-10:00A (ROBYN)	Gold Move 8:00A-9:00A (ROBYN)	Balance & Mobility FF 9:15A-10:00A (AMANDA) (No Class 11/22)	Stretch and Roll F 11:00AM-12:00P (CLAIR)	Boot Camp FF 9:30A-10:30A (TRAVIS)	
Core 360 10:00A-11:00A (TRAVIS)	Flow to Yin Yoga 10:00A-11:00A (CLAIR)	Core De Force 9:00A-10:00A (MYRIAH)	Yin Yoga 10:00A-11:00A (CLAIR) (No Class 11/22)		Brazilian Jiu Jitsu 11:00A-1:00P	
Stretch & Roll 11:00A-12:00P (CLAIR)		Zumba 10:00A- 11:00A (BERTA)				
Gentle Yoga 12:00P-1:00P (CLAIR)	Brazilian Jiu Jitsu 12:00P-2:00P	Vinyasa 12:00P-12:45P (CLAIR)	P90X Live 12:00P-12:45P (MYRIAH) (No Class 11/22)	Gentle Yoga 12:00P-1:00P (CLAIR)	Water Aerobics P 12:00P-1:00P (STAFF)	Water Aerobics P 12:00P-1:00P (STAFF)
Zumba 5:30P-6:30P (AMY)	Kids Fitness Ages 5-8 Gym 3:30P-4:30P (STAFF)	Bolly X 4:30P-5:30P (AMANDA) (No Class 10/31)	Youth Fitness Ages 9-14 3:30P-4:30P (NADINE) (No Class 11/22)	Water Aerobics P 12:00P-1:00P (STAFF)	Swing Dance Lesson 1:30P-2:30P Beginner	
Suspension Strong FF 5:45P-6:30P (LIZ)	Youth Fitness Ages 9-14 3:30P-4:20P (NADINE)	Hatha Yoga 5:30PM-6:30PM (BRUCE) (No Class 11/21)	Group Cycle 4:30P-5:30P (MYRIAH) (No Class 11/22)	Brazilian Jiu Jitsu 1:00P-3:00P	Swing Dance Lesson 2:30P-3:30P Int/Avd	
OPEN Adult/Teen Ballet 7:00P-8:30P (CYNTHIA) (Additional Fee)	Group Cycle 4:30P-5:30P (MYRIAH)	Suspension Strong FF 5:45P-6:30P (AMANDA) (No Class 11/21)	Zumba 5:30P-6:30P (REN) (No Class 11/22)	Adult Only Climbing CW 7:00P-7:50P (STAFF)		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>
	Zumba 5:30P-6:30P (REN)	Pilates 6:30P-7:30P (KELLY) (No Class 11/21)	Brazilian Jiu Jitsu 6:30P-8:00P (No Class 11/22)			
	P90X Live 6:30P-7:30P (MYRIAH)					
	Brazilian Jiu Jitsu 7:30P-8:45P					

FALL HOURS

FACILITY
 Monday-Saturday
6AM-9PM
 Sunday
10AM-6PM

KIDS CLUB
 Monday-Friday
8:45AM-1:15PM & 3:45PM-8:15PM
 Tuesday & Thursday
Opens 3:15PM
 Saturday
8:30AM-1:15PM
 Sunday
10AM-1:15PM

CLIMBING WALL
 Monday-Friday
4PM-6:50PM
 Saturday
10AM-4:50PM
 Sunday
12PM-2:50PM

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.