



# CITY OF FLAGSTAFF PARKS & RECREATION

## AQUAPLEX GROUP FITNESS

November 2021

MON	TUES	WED	THUR	FRI	SAT	SUN	
						<b>CLASS KEY</b> <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	
							<b>FACILITY</b> Monday-Saturday 7AM-7PM Sunday Closed  <b>KIDS CLUB</b> Closed during Tier 2
Suspension Strong <i>FF</i> 9:00A-10:00A (ROBYN)	Walking for Fitness <i>FF</i> 9:00A-10:00A (ROBYN)	Suspension Strong <i>FF</i> 9:00A-10:00A (ROBYN)	Stretch & Roll 9:00A-10:00A (ROBYN)	P90X LIVE 9:00A-10:00A (MYRIAH)			
Yin Yoga 10:00A-11:00A (ROBYN)	Suspension Strong <i>FF</i> 10:00A-11:00A (ROBYN)	Stretch & Meditation 10:00A-11:00A (ROBYN)	Suspension Strong <i>FF</i> 10:00A-11:00A (ROBYN)				
			Gentle Yoga 10:00A-11:00A (BRUCE)				
		Flow Yoga 12:00P-1:00P (BRUCE)					
						<b>CLIMBING WALL</b> Closed  <b>RECREATION SWIM</b> Monday-Friday 4PM-6:45PM Saturday 3PM-6:45PM	
Flow Yoga 5:00P-6:00P (Margo)	Insanity 4:00P-5:00P (MYRIAH)	Hatha Yoga 4:00P-5:00P (BRUCE)					
	Flow Yoga 5:30P-6:30P (BRUCE)						

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.