



# AQUAPLEX GROUP FITNESS

October  
2023

## CITY OF FLAGSTAFF PARKS, RECREATION, OPEN SPACE, AND EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p><b>9:00am</b> Aqua Fitness</p> <p><b>9:00am</b> Full Body Conditioning</p> <p><b>10:30am</b> Group Cycle</p> <p><b>11:30am</b> CIRCL Mobility™</p> <p><b>1:00pm</b> Beginning+ Tap Dance</p> <p><b>5:30pm</b> Intermediate Ballet (fee)</p> <p><b>6:45pm</b> Pointe/Prepointe/Footwork (fee)</p>	<p>3</p> <p><b>6:15am</b> Group Cycle</p> <p><b>9:00am</b> <del>H2O Aerobics</del></p> <p><b>4:00pm</b> Full Body Conditioning</p> <p><b>5:30pm</b> Yoga - Flow</p>	<p>4</p> <p><b>9:00am</b> Aqua Fitness</p> <p><b>9:00am</b> Silver Fit Classic</p> <p><b>10:30am</b> Group Cycle</p> <p><b>11:30am</b> CIRCL Mobility™</p> <p><b>1:00pm</b> Beginning+ tap dance</p> <p><b>4:00pm</b> <del>Little Bodies Move</del></p> <p><b>5:30pm</b> Int./Adv. Ballet (fee)</p> <p><b>6:45pm</b> Beginning Ballet (fee)</p>	<p>5</p> <p><b>6:15am</b> Group Cycle</p> <p><b>9:00am</b> <del>H2O Aerobics</del></p> <p><b>5:30pm</b> Yoga - Flow</p>	<p>6</p> <p><b>9:00am</b> H2O Aerobics</p> <p><b>9:00am</b> Full Body Conditioning</p> <p><b>1:00pm</b> Beginning+ Tap Dance</p> <p><b>3:30pm</b> Unique Abilities (fee)</p>	<p>7</p> <p><b>10:30am</b> Int./Adv. Ballet (fee)</p> <p><b>11:45am</b> Mod./Contemporary Dance (fee)</p>
<p>9</p> <p><b>9:00am</b> Aqua Fitness</p> <p><b>9:00am</b> Full Body Conditioning</p> <p><b>10:30am</b> <del>Group Cycle</del></p> <p><b>11:30am</b> <del>CIRCL Mobility™</del></p> <p><b>1:00pm</b> Beginning+ Tap Dance</p> <p><b>5:30pm</b> Intermediate Ballet (fee)</p> <p><b>6:45pm</b> Pointe/Prepointe/Footwork (fee)</p>	<p>10</p> <p><b>6:15am</b> <del>Group Cycle</del></p> <p><b>9:00am</b> H2O Aerobics</p> <p><b>4:00pm</b> Full Body Conditioning</p> <p><b>5:30pm</b> Yoga - Flow</p>	<p>11</p> <p><b>9:00am</b> Aqua Fitness</p> <p><b>9:00am</b> <del>Silver Fit Classic</del></p> <p><b>10:30am</b> <del>Group Cycle</del></p> <p><b>11:30am</b> <del>CIRCL Mobility™</del></p> <p><b>1:00pm</b> Beginning+ tap dance</p> <p><b>4:00pm</b> Little Bodies Move</p> <p><b>5:30pm</b> Int./Adv. Ballet (fee)</p> <p><b>6:45pm</b> Beginning Ballet (fee)</p>	<p>12</p> <p><b>6:15am</b> <del>Group Cycle</del></p> <p><b>9:00am</b> H2O Aerobics</p> <p><b>5:30pm</b> Yoga - Flow</p>	<p>13</p> <p><b>9:00am</b> H2O Aerobics</p> <p><b>9:00am</b> Full Body Conditioning</p> <p><b>1:00pm</b> Beginning+ Tap Dance</p> <p><b>3:30pm</b> Unique Abilities (fee)</p>	
<p>16</p> <p><b>9:00am</b> Aqua Fitness</p> <p><b>9:00am</b> Full Body Conditioning</p> <p><b>10:30am</b> Group Cycle</p> <p><b>11:30am</b> CIRCL Mobility™</p> <p><b>1:00pm</b> Beginning+ Tap Dance</p> <p><b>5:30pm</b> Intermediate Ballet (fee)</p> <p><b>6:45pm</b> Pointe/PrePointe/Footwork (fee)</p>	<p>17</p> <p><b>6:15am</b> Group Cycle</p> <p><b>9:00am</b> H2O Aerobics</p> <p><b>4:00pm</b> Full Body Conditioning</p> <p><b>5:30pm</b> Yoga - Flow</p>	<p>18</p> <p><b>9:00am</b> Aqua Fitness</p> <p><b>9:00am</b> Silver Fit Classic</p> <p><b>10:30am</b> Group Cycle</p> <p><b>11:30am</b> CIRCL Mobility™</p> <p><b>1:00pm</b> Beginning+ tap dance</p> <p><b>4:00pm</b> Little Bodies Move</p> <p><b>5:30pm</b> Int./Adv. Ballet (fee)</p> <p><b>6:45pm</b> Beginning Ballet (fee)</p>	<p>19</p> <p><b>6:15am</b> Group Cycle</p> <p><b>9:00am</b> H2O Aerobics</p> <p><b>5:30pm</b> Yoga - Flow</p>	<p>20</p> <p><b>9:00am</b> H2O Aerobics</p> <p><b>9:00am</b> Full Body Conditioning</p> <p><b>1:00pm</b> Beginning+ Tap Dance</p> <p><b>3:30pm</b> Unique Abilities (fee)</p>	<p>21</p> <p><b>10:30am</b> Int./Adv. Ballet (fee)</p> <p><b>11:45am</b> Mod./Contemporary Dance (fee)</p>
<p>23</p> <p><b>9:00am</b> Aqua Fitness</p> <p><b>9:00am</b> Full Body Conditioning</p> <p><b>10:30am</b> Group Cycle</p> <p><b>11:30am</b> CIRCL Mobility™</p> <p><b>1:00pm</b> Beginning+ Tap Dance</p> <p><b>5:30pm</b> Intermediate Ballet (fee)</p> <p><b>6:45pm</b> Pointe/Prepointe/Footwork (fee)</p>	<p>24</p> <p><b>6:15am</b> Group Cycle</p> <p><b>9:00am</b> H2O Aerobics</p> <p><b>4:00pm</b> Full Body Conditioning</p> <p><b>5:30pm</b> Yoga - Flow</p>	<p>25</p> <p><b>9:00am</b> Aqua Fitness</p> <p><b>9:00am</b> Silver Fit Classic</p> <p><b>10:30am</b> Group Cycle</p> <p><b>11:30am</b> CIRCL Mobility™</p> <p><b>1:00pm</b> Beginning+ tap dance</p> <p><b>4:00pm</b> Little Bodies Move</p> <p><b>5:30pm</b> Int./Adv. Ballet (fee)</p> <p><b>6:45pm</b> Beginning Ballet (fee)</p>	<p>26</p> <p><b>6:15am</b> Group Cycle</p> <p><b>9:00am</b> H2O Aerobics</p> <p><b>5:30pm</b> Yoga - Flow</p>	<p>27</p> <p><b>9:00am</b> H2O Aerobics</p> <p><b>9:00am</b> Full Body Conditioning</p> <p><b>1:00pm</b> Beginning+ Tap Dance</p> <p><b>3:30pm</b> Unique Abilities (fee)</p>	<p>28</p>
<p>30</p> <p><b>9:00am</b> Aqua Fitness</p> <p><b>9:00 am</b> Full Body Conditioning</p> <p><b>10:30am</b> Group Cycle</p> <p><b>11:30am</b> CIRCL Mobility™</p> <p><b>1:00pm</b> Beginning+ Tap Dance</p> <p><b>5:30pm</b> Intermediate Ballet (fee)</p> <p><b>6:45pm</b> Pointe/Prepointe/Footwork (fee)</p>	<p>31</p> <p><b>6:15am</b> Group Cycle</p> <p><b>9:00am</b> H2O Aerobics</p> <p><b>4:00pm</b> Full Body Conditioning</p> <p><b>5:30pm</b> Yoga - Flow</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

**FACILITY HOURS**

Monday - Saturday  
6:00AM - 8:00PM

**KIDS CLUB**

Monday - Saturday  
8:00AM - 1:00 PM  
&  
Monday - Thursday  
3:30PM - 8:00PM

**CLIMBING WALL**

Thursday - Saturday  
4:00PM - 7:00PM

**OPEN GYM**

Monday-Saturday  
6:00AM - 7:45AM  
12:00PM - 7:45PM

**OPEN SWIM**

Monday - Thursday  
3:00PM - 7:00PM  
**Friday**  
3:00PM - 7:45PM  
**Saturday**  
1:00PM - 7:45PM

Specific hours may vary based on holiday schedules and facility needs. Classes are subject to change without notice. Some Fitness Floor equipment may be temporarily unavailable during certain classes. Most classes require closed-toe footwear. Patrons with improper footwear may be turned away at the instructors discretion. For safety, certain classes may need to cap at a certain number of participants at the instructors discretion. For more information on group fitness programming please call (928) 213-2304

**Aqua Fitness - Barbara [Ages 15+] 1 hour** A low intensity water workout to build strength, symmetrical muscle tone and cardiovascular fitness in the safety and comfort of the aquatic environment. Learn techniques for stretching, improved balance and carriage, and joint alignment to ease discomfort and pain. Work with focus AND have fun!

**Beginning+ Tap Dance - Cherie [Adults] 2 hours** This class is perfect for all levels of tappers. Basic tap steps are taught followed by easier routines for beginners. Great music includes rock n' roll, country, big band, Broadway, novelty, holiday, and more. Smooth rubber-soled shoes can be used to start, if you decide this class is for you, we'll work on getting you tap shoes. Instructional DVDs for learning dances are available for check out to help new dancers catch up.

**Beginning Ballet - Cynthia [Fee] 1 hour** Individual steps will be practiced at the barre and subsequently transferred to the center. As time in the dance studio continues, combinations will become more complex. For pricing, please visit [www.AhlersDance.com](http://www.AhlersDance.com).

**Intermediate and Advanced Ballet - Cynthia [Fee] 1 hour 15min** Through barre exercises achieve correct body alignment. Instruction integrates both technique and lyrical expression. For pricing, please visit [www.AhlersDance.com](http://www.AhlersDance.com).

**CIRCL Mobility™ - Aleecia 1 hour** Unlock your body's potential through mobility, flexibility and breathwork exercises designed to optimize how you move through-out your daily life. Based on the science of functional movement, the class will gently move through different patterns of motion and flexibility on our exercise mats as we focus on core strength, toning muscles and relaxing both our body and minds. All fitness levels welcome.

**Full Body Conditioning - Myriah [Ages 15+] 1 hour** A full body interval class that works all planes, different energy systems, and multiple muscle groups. The combination of functional strength training and cardio conditioning is an efficient way to build muscle, burn fat, and torch calories.

**Group Cycle - Aleecia [Ages 12+] 1 hour** A group focused high intensity workout on our Shimano SPD compatible Kaiser stationary bikes that will involve building strength and endurance. We will push our physical and mental strength as we pedal through a 45-minute class of rolling hills, sprints, high intensity intervals and more. Positive, supportive, and safe space for all fitness levels.

**H2O Aerobics - Lucy [Ages 15+] 1 hour** A fun, high intensity with low impact water workout that improves flexibility, core, cardio, balance, coordination, and strengthens muscles. This class utilizes different exercises and routines coupled with a proper warmup/cool down and aerobics all at the pace and comfort level of each individual. Props are used at the instructor's discretion. This class is conducted in the shallow end of the pool and swimming ability is not required.

**Intermediate and Advanced Ballet - Cynthia [Fee] 1 hour 15min** Barre work will emphasize proper placement. Connecting and rhythm sequences focus on clean lines, dynamic timings and musicality, and spacious movement. This is a medium to fast paced class for strong dancers who have a regular practice. For pricing, please visit [www.AhlersDance.com](http://www.AhlersDance.com).

**Little Bodies Move - Lucy [Ages 5-8] 1 hour** Have fun with circuit training, yoga, and games. Develop skills to increase foundation fitness moves, balance, and cardio capacity through the art of play. Each class is jampacked with fun energetic music. The highly trained instructor coaches the best from everyone in the class, adapting their approach to match mood and energy levels so everyone ends up feeling great! No equipment is needed. Please bring gym shoes and a water bottle.

**Modern/Contemporary Ballet - Cynthia [Fee] 1 hour** Uses a passionate & powerful movement base inspired by classical modern techniques. The floor work and intricate movements are inspired by the classical lines of ballet, the contract and release concepts of modern dance, and the lowered center of gravity and stylistic concepts of jazz. For pricing, please visit [www.AhlersDance.com](http://www.AhlersDance.com).

**Pointe, Pre-Pointe, and Footwork - Cynthia [Fee] 1 hour** Pointe students who have teacher's approval, show appropriate foot flexibility, strength & stability. Students must have a good attitude about corrections, and they retain corrections well. Pointe students must be able to learn complex combinations and have strong ballet technique. For pricing, please visit [www.AhlersDance.com](http://www.AhlersDance.com).

**Silver Fit Classic - Aleecia - 1 hour** Increase muscle strength, range of movement and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

**Unique Abilities - Marty [Fee] 1 hour** This is a class for individuals who have unique needs. It is an adaptive fitness that focuses on functional movement to strengthen the muscular, skeletal, and neurological systems. We have fun with our movements so it can be considered more of a "play out" than a workout. We disguise functional movements in the form of play. Our friends have the most amazing time. As do the coaches. Guaranteed to put a smile on your face! Contact Coach Marty for pricing at [coachmarty34@gmail.com](mailto:coachmarty34@gmail.com)

**Yoga - Flow - Bruce [All abilities] 1 hour** Yoga uses a wide range of poses to strengthen and open the whole body. Class is taught in a dynamic flow of postures, with focus on sound alignment principles. Appropriate for all levels of experience.