



CITY OF FLAGSTAFF PARKS, RECREATION, OPEN SPACE & EVENTS

AQUAPLEX GROUP FITNESS

March 2023

	MON		TUES		WED		THUR		FRI		SAT	<p><u>FACILITY HOURS</u> Monday-Saturday 6AM-8PM Sunday Closed</p> <p><u>KIDS CLUB</u> Monday - Saturday 8:30AM - 11:30AM</p> <p>Tuesday & Thursday 5:00PM - 8:00PM</p> <p>**Beginning 3/7** Tuesday & Thursday 8:30AM - 12:30PM</p> <p><u>CLIMBING WALL</u> Friday & Saturday 4PM-7PM</p> <p><u>RECREATION SWIM</u> Monday-Thursday 3PM-7PM Friday 3PM-7:45PM Saturday 1PM-7:45PM</p> <p><u>OPEN GYM</u> Monday-Saturday 6AM-7:45AM 12PM-7:45PM</p> <p>CLASS KEY</p> <p><i>FF</i> - Meets on fitness floor</p> <p><i>MS</i> - Meets in Movement Studio</p> <p><i>P</i> - Meets in pool</p> <p><i>\$ Fee</i> - Instructor charges per class</p>	
Time													
6:00 AM			Group Cycle 6:15A - 7:15A (Aleecia) MS				Group Cycle 6:15A - 7:15A (Aleecia) MS				Strength & Stamina 6:15A - 7:45A (Nadine) MS/FF		
6:30 AM													
7:00 AM													
7:30 AM													
8:00 AM									Ab-Tastica 8:00A - 9:00A (Nadine) MS		Bo-Yassina 8:00A - 9:00A (Nadine) MS		
8:30 AM													
9:00 AM	Aqua Fitness 9:00A-10:00A (Barbara) P	Full Body Cond 9:00A-10:00A (Myriah) MS	Self Defense Basics 9:00a - 10:00A (Cameron) MS		Aqua Fitness 9:00A - 10:00A (Barbara) P	Full Body Cond. 9:00A-10:00A (Myriah) MS	Ultimate HIIT 9:00A - 10:00A (Cameron) MS		Full Body Cond. 9:00A - 10:00A (Myriah) MS	H2O Fitness 9:00A-10:00A (Lucy) P	Ab-Tastica 9:00A - 10:00A (Nadine) MS		
9:30 AM													
10:00 AM			H2O Fitness 10:00A - 11:00A (Lucy) P				H2O Fitness 10:00A - 11:00A (Lucy) P						
10:30 AM	Group Cycle 10:30A - 11:30A (Aleecia) MS				Group Cycle 10:30A - 11:30A (Aleecia) MS								
11:00 AM			Strength & Stamina 11:00A - 1:00P (Nadine) MS/FF				Strength & Stamina 11:00A - 1:00P (Nadine) MS/FF		Adults Beginner Brazilian Jiu Jitsu 11:30A - 12:45P (Greg) MS				
11:30 AM													
12:00 PM													
12:30 PM													
1:00 PM	Beginning+ Tap Dance 1:00P - 3:00P (Cherie) MS				Beginning+ Tap Dance 1:00P - 3:00P (Cherie) MS				Beginning+ Tap Dance 1:00P - 3:00P (Cherie) MS				
1:30 PM													
2:00 PM													
2:30 PM													
3:00 PM													
3:30 PM													
4:00 PM	Kids Beginner Brazilian Jiu Jitsu 4:00P - 5:15P (Greg) MS		Full Body Conditioning 4:00P - 5:00P (Myriah) MS										
4:30 PM													
5:00 PM													
5:30 PM	Ballet (\$Fee) 5:30P - 7:00P (Cynthia) MS		Yoga - Flow 5:30P - 6:30P (Bruce) MS		Ballet (\$Fee) 5:30P - 7:00P (Cynthia) MS		Yoga - Flow 5:30P - 6:30P (Bruce) MS						
6:00 PM													
6:30 PM													
7:00 PM													
7:30 PM													
8:00 PM													

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. Some Fitness Floor equipment may be temporarily unavailable during certain classes. Most classes require closed-toed footwear Patrons with improper footwear may be turned away at the instructors discretion. For more information on group fitness programming please call (928) 213-2304.

Course Descriptions & Age Restrictions

Ab-Tastica [Ages 15+] is a **high intensity** cardio class with a focus on weight, isometric, calisthenics, and endurance for the abs. This class is strenuous, with expectations for sprinting, jumping, and calisthenics. A strong background in weightlifting is preferred. Little to no modifications will be offered. This is a great class for the athlete looking to build core strength, stamina, and to achieve new fitness levels. Physician approval recommended but not required.

Adults Beginner Brazilian Jiu Jitsu This is an introductory class for adults of all ages. We will focus on the essential positions and guards of BJJ. Our goal is to provide you with a strong foundation of submission grappling arts to strengthen the body and boost self-confidence.

Aqua Fitness [Ages 15+] 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 [Adults] 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. A fun activity with a fun group!

Bo-Yassina [Ages 12+] This is a high intensity low impact Bosu class for those with a moderate to high background in yoga and cardio fitness. It incorporates challenging use of weights and abdominal exercises. This Vinyassa flow will challenge your core and stamina. There are no modifications offered by the instructor.

Full Body Conditioning [Ages 15+] 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 [Ages 12+] 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 Fitness [Ages 15+] 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 [Fee] 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.

Kids Beginner Brazilian Jiu Jitsu [Ages 5+] This is an introductory class for Kids ages 5 and up. We will focus on the essential positions and guards of BJJ. Our goal is to provide you with a strong foundation of submission grappling arts to strengthen the body and boost self-confidence.

Self Defense Basics [Ages 15+] Learn introductory defense skills utilizing strategic movement, de-escalation, and basic striking to ensure you get home safe! While learning combat skills you will also be getting a great full-body workout using jump-ropes, body-weight exercises, striking pads, cardio, and more!

Strength & Stamina [Ages 15+] a **high intensity** cardio class with a focus on plyometrics, strength calisthenics, and endurance. This class has an expectation to perform box jumps, battle ropes, ball toss, skipping, and kettle bell work. An understanding of how to perform these movements is expected. Supervision provided, but **minimal** modifications will be allowed due to the given program design. Participants will complete as many rounds of the workout as possible within the time frame provided. Physician approval recommended but not required.

Ultimate HIIT [Ages 15+] Stop by to get a great full-body workout themed around high-intensity interval training! Ranging from body-weight exercises and weight training to intense partner and group drills you'll have a fun time while also getting in great shape!

Yoga – flow [All abilities] 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.