



City of Flagstaff Recreation Services

AQUAPLEX GROUP FITNESS

OCTOBER 2017

MON	TUES	WED	THUR	FRI	SAT	SUN	FALL HOURS*
Water Aerobics <i>P</i> 8:00A-9:00A	Aqua Boot Camp <i>P</i> 8:00A-9:00A	Cycle Express 7:00A-7:45A	Aqua Boot Camp <i>P</i> 8:00A-9:00A	Water Aerobics <i>P</i> 8:00A-9:00A	Group Cycle 8:30A-9:30A		FACILITY Monday-Saturday <u>6AM-9PM</u> Sunday <u>10AM-6PM</u> KIDS CLUB Monday-Friday <u>8:45AM-1:15PM &</u> <u>3:45PM-8:15PM</u> Saturday <u>8:30AM-1:15PM</u> Sunday <u>10AM-2PM</u> CLIMBING WALL Monday-Friday <u>4PM-7PM</u> Saturday <u>10AM-5PM</u> Sunday <u>12PM-3PM</u> RECREATION SWIM Monday & Wednesday <u>1PM-8:45PM</u> Tuesday & Thursday <u>1PM-4:50PM</u> <u>7PM-8:45PM</u> Friday & Saturday <u>1PM-8:45PM</u> Sunday <u>1PM-5:45PM</u>
P90X Live 9:00A-10:00A	Insanity 9:00A-10:00A	Water Aerobics <i>P</i> 8:00A-9:00A	Insanity 9:00A-10:00A	P90X Live 9:00A-10:00A	Zumba 9:30A-10:30A		
Core 360 10:00A-11:00A	Suspension Training <i>FF</i> 9:15A-10:00A	Core De Force 9:00A-10:00A	Suspension Training <i>FF</i> 9:15A-10:00A	Core 360 10:00A-11:00A	A.R.T <i>FF</i> 9:30A-10:30A		
11:00A-12:00P Strech N' Roll	Vinyasa Yoga 10:00A-11:00A	Core Yoga 10:00A-11:00A	Yin Yoga 10:00A-11:00A				
	Feldenkrais Method 11:00A-12:00P (NO CLASS 10/31)						
Pilates 12:00P-12:45P	Core De Force 12:00P-12:45P	Pilates 12:00P-12:45P	Core De Force 12:00P-12:45P	Pilates 12:00P-12:45P	Water Aerobics <i>P</i> 12:00P-1:00P	Water Aerobics <i>P</i> 12:00P-1:00P	
Water Aerobics <i>P</i> 12:00P-1:00P	Hatha Yoga Foundations 3:00P-4:00P	Water Aerobics <i>P</i> 12:00P-1:00P	Group Cycle 4:30P-5:30P	Water Aerobics <i>P</i> 12:00P-1:00P			
Suspension Training <i>FF</i> 5:30P-6:30P	Group Cycle 4:30P-5:30P	Kids Yoga <i>PR</i> 4:30P-5:15P	Zumba 5:30P-6:30P	Zumba 5:30P-6:30P			
Zumba \$ 5:30P-6:30P	Zumba 5:30P-6:30P	A.R.T 4:30P-5:30P	P90X Live 6:30P-7:30P			CLASS KEY <i>CB/CA</i> Meets in Community Rooms "A" or "B" \$ Fee based course <i>P</i> Meets in pool <i>PR</i> Meets in party room <i>FF</i> Meets at Fitness Floor desk <i>G</i> Meets in Gym	
	P90X Live 6:30P-7:30P	Suspension Training <i>FF</i> 5:30P-6:30P					
		Pilates 5:30P-6:30P					
		Core 360 6:30P-7:15P					
		Total Stretch 7:15P-7:45P					

*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 or email the Fitness Coordinator at mstento@flagstaffaz.gov.