



CITY OF FLAGSTAFF PARKS & RECREATION

AQUAPLEX GROUP FITNESS

September 2021

MON	TUES	WED	THUR	FRI	SAT	SUN
					Strength & Stamina Advanced FF 9:00A-10:00A (NADINE)	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
Suspension Strong FF 9:00A-10:00A (ROBYN)	Walking for Fitness FF 9:00A-10:00A (ROBYN)	Suspension Strong FF 9:00A-10:00A (ROBYN)	Stretch & Roll 9:00A-10:00A (ROBYN)			
Yin Yoga 10:00A-11:00A (ROBYN)	Suspension Strong FF 10:00A-11:00A (ROBYN)	Stretch & Meditation 10:00A-11:00A (ROBYN)	Suspension Strong FF 10:00A-11:00A (ROBYN)		Strength & Stamina Beginner FF 10:00A-11:00A (NADINE)	
			Gentle Yoga 10:00A-11:00A (BRUCE)		Spinyasa Strength & Flow 11:00A-12:00P (NADINE)	
				Ballet (ADD. FEE) 12:00P-1:15P (CYNTHIA)		
		Flow Yoga 12:00P-1:00P (BRUCE)				
		Hatha Yoga 4:00P-5:00P (BRUCE)				
Ballet (ADD. FEE) 5:15P-6:30P (CYNTHIA)	Flow Yoga 5:30P-6:30P (BRUCE)	Ballet (ADD. FEE) 5:15P-6:30P (CYNTHIA)				

FACILITY
 Monday-Saturday
 7AM-7PM
 Sunday
 Closed

KIDS CLUB
 Closed during Tier 2

CLIMBING WALL
 Closed

RECREATION SWIM
 Monday-Friday
 4PM-6:45PM
 Saturday
 3PM-6:45PM

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.
 Due to varying availability some classes have rotating instruction. For more information on group fitness programming please call (928) 213-2304.