



GROUP CLASSES

Summer Schedule May 4-August 2

Most Class at RecPlex 420 W. Dempster St.
Meadows Pool AquaFit 1401 W. Gregory St.



*Summer AquaFit: Updated Schedule Runs June 8-July 31

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:50 AM Power Hour Lifestyle Maria	6:30-7:20 AM Spin Performance Daniel	*8:45-9:30 AM Ease RecPlex Pool Dena	8:00-8:50 AM Stretch & Restore Lifestyle Megan	*8:45-9:45 AM Jog RecPlex Pool Loree
10:00-10:50 AM WERQ Lifestyle Heather	8:00-8:50 AM Pilates Lifestyle Megan	*8:45-9:45 AM Jog RecPlex Pool Kearin	*8:45-9:45 AM Power Pool Dena	9:00-9:50 AM Lower Body & Core Lifestyle Megan
MONDAY	*8:00-8:30 AM Strength & Balance RecPlex Pool Dena	9:00-9:50 AM Spin & Yoga Performance Caroline	9:00-9:50 AM Power Barre Lifestyle Loree	10:00-10:50 AM Yoga (All Levels) Lifestyle Janelle
6:30-7:20 AM Spin Performance Daniel	*8:45-9:45 AM Power RecPlex Pool Dena	9:00-10:00 AM Jog Pool Kearin	10:00-10:50 AM Cardio Strength Inter. Lifestyle Myleen	*10:00-10:45 AM Pilates RecPlex Pool Loree
8:00-8:50 AM Dance Tabata Lifestyle Loree	9:00-9:50 AM Tabata Lifestyle Loree	*10:00-10:45 AM Aqua Boot Camp Meadows Pool Dena	*10:15-11:00 AM Aquabata Meadows Pool Dena	11:00-11:50 AM Silver Workout Lifestyle Janelle
*8:45-9:45 AM Jog RecPlex Pool Kearin	10:00-10:50 AM Silver Workout Lifestyle Loree	*10:00-11:00 AM Arthritis RecPlex Pool Loree	5:00-5:50 PM Yoga Performance Ewa	SATURDAY
9:00-9:50 AM Balance & Stretch Lifestyle Loree	11:00-11:50 AM Restorative Movement Lifestyle Loree	10:00-10:50 AM 4G Lifestyle Caroline	6:00-6:50 PM Full Body Conditioning Performance Heather	8:00-8:50 AM Core & More Lifestyle Maria
10:00-10:50 AM Strength for Life Performance Myleen	6:00-6:50 PM Yoga (All Levels) Performance Ewa	10:00-10:45 AM Aquabata Light Pool Dena	7:00-7:50 PM Zumba Toning Multi-Purpose Cheri No Class May 21 & June 11	9:00-9:50 AM Zumba Multi-Purpose Cheri
*10:15-11:00 AM Deep H2O Meadows Pool Veronica	7:00-7:50 PM WERQ Multi-Purpose Kim	11:00-11:50 AM YOPI Lifestyle Caroline		
6:00-6:50 PM Full Body Conditioning Performance Heather		6:00-6:50 PM Tabata Performance Maria		
7:00-7:50 PM Mat Pilates Performance Loree		7:00-7:50 PM Walk Live Performance Cheri		

- Please wipe down your equipment after use.
- Please bring your own mat. Mats available for purchase at the RecPlex front desk.



On demand virtual classes available in the Performance Studio

All In Monthly Membership
Resident \$60 Non-Resident \$70



Your **All In** Membership includes access to the full schedule of Group Fitness and AquaFitness classes, as well as two fitness centers, lap swim, open gym and an indoor track.

Don't have an All In Membership?

Group Fitness Only 10-Pack Member \$80 Non-Member R \$108 NR \$135
Expires 3 months after purchase • AquaFit classes not included

Single Class R \$12 NR \$15



SCAN FOR CLASS DESCRIPTIONS

MPF | MT. PROSPECT FITNESS