



# GROUP FITNESS

Winter Schedule November 28-February 26

Revised Jan. 11

Classes held at RecPlex  
420 W. Dempster Street

**KEY**

Live Instructor

FitnessOnDemand™  
Virtual Instructor

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:50 AM <b>Power Hour</b> Studio 200   Maria	6:30 AM-End of Video <b>Cardio Kickboxing</b> Studio 201   FOD	6:30 AM-End of Video <b>HIIT</b> Studio 201   FOD	6:30 AM-End of Video <b>Cardio</b> Studio 201   FOD	6:30 AM-End of Video <b>Yoga</b> Studio 201   FOD
11:00 AM-End of Video <b>Pilates</b> Studio 201   FOD	9:00-9:50 AM <b>Tabata</b> Studio 200   Loree	* 9:00-9:50 AM <b>Spin &amp; Yoga</b> Studio 201   Caroline	9:00-9:50 AM <b>Power Barre</b> Studio 200   Loree	9:00-9:50 AM <b>Vinyasa/Yin Yoga</b> Studio 200   Janelle
MONDAY	10:00-10:50 AM <b>Vinyasa Yoga</b> Studio 200   Cat	10:00-10:50 AM <b>4G</b> Studio 200   Caroline	10:00-10:50 AM <b>Vinyasa Yoga</b> Studio 200   Cat	10:00-10:50 AM <b>WERQ</b> Studio 200   Nicole
6:30 AM-End of Video <b>Strength</b> Studio 201   FOD	* 12:00-12:50 PM <b>Boot Camp</b> Studio 201   John	6:00-6:50 PM <b>Boot Camp</b> Studio 201   Heather	6:30-7:00 PM <b>Tabata Express</b> Studio 201   Cheri	12:00-12:50 PM <b>Boot Camp</b> Studio 201   John
9:00-9:50 AM <b>Balance &amp; Stretch</b> Studio 200   Loree	5:30 PM-End of Video <b>Core</b> Studio 201   FOD	6:50-7:20 PM <b>Zumba Express</b> Studio 200   Cheri	7:00-7:50 PM <b>WERQ</b> Studio 200   Heather	5:30 PM-End of Video <b>Strength</b> Studio 201   FOD
10:00-10:50 AM <b>Metabolic Interval+</b> Studio 200   Myleen	6:00-6:50 PM <b>Vinyasa/Yin Yoga</b> Studio 200   Janelle	 <p>For a list of class descriptions visit: <a href="http://mppd.org/athletics-fitness/group-fitness">mppd.org/athletics-fitness/group-fitness</a></p> <ul style="list-style-type: none"> <li>• Please wipe down your equipment after use.</li> <li>• Please bring your own mat. Mats are available for purchase at the RecPlex front desk.</li> </ul>	<th>SATURDAY</th>	SATURDAY
* 12:00 PM-End of Video <b>Cardio Kickboxing</b> Studio 201   FOD	6:00 PM-End of Video <b>HIIT</b> Studio 201   FOD			8:00-8:50 AM <b>Boot Camp</b> Studio 201   Christina
6:00-6:50 PM <b>Boot Camp</b> Studio 201   Heather	7:00-7:50 PM <b>Spin</b> Studio 201   Ron			9:00-9:50 AM <b>Zumba</b> Studio 200   Cheri
7:00-7:50 PM <b>Mat Pilates</b> Studio 201   Loree	7:00-7:50 PM <b>WERQ</b> Studio 200   Kim		10:00 AM-End of Video <b>Barre</b> Studio 201   FOD	

\* Class change from previous schedule

**All In Monthly Membership**  
Resident \$55 Non-Resident \$65



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

**Don't have an All In Membership? Consider these Options:**

**Group Fitness 10-Pack Member \$70 Non-Member \$90**  
Expires 3 months after purchase

**FitnessOnDemand™ At Home Monthly Membership**  
Recurring Member \$5 Non-Member \$10

**Single Class Fee \$10**



To access FitnessOnDemand™ classes on your home device you must first set up an account by calling or stopping by RecPlex or Central Community Center