



GROUP FITNESS

Winter Schedule Nov. 6-Feb. 11

Classes held at RecPlex
420 W. Dempster Street

KEY

Live Instructor

FitnessOnDemand™
Virtual Instructor

SUNDAY

9:00-9:50 AM
Power Hour
Studio 200 | Maria

10:00-10:50 AM
Gentle Yoga
Studio 200 | Janelle

12:00 PM-End of Video
Pilates
Studio 201 | FOD

WERQ Pop-Ups

Sundays, 11:00-11:50 AM
Nov. 19, Dec. 17,
Jan. 14, Feb. 11
Studio 200 | Heather

TUESDAY

6:30 AM-End of Video
Cardio Kickboxing
Studio 201 | FOD

9:00-9:50 AM
Tabata
Studio 200 | Loree

10:00-10:50 AM
Silver Workout
Studio 201 | Loree

10:00-10:50 AM
Intermediate Yoga
Studio 200 | Cat

12:05 PM-End of Video
HIIT
Studio 201 | FOD

5:30 PM-End of Video
Core
Studio 201 | FOD

6:00-6:50 PM
Yoga (All Levels)
Studio 200 | Janelle

6:00 PM-End of Video
HIIT
Studio 201 | FOD

7:00-7:50 PM
WERQ
Studio 200 | Kim

WEDNESDAY

6:30 AM-End of Video
HIIT
Studio 201 | FOD

9:00-9:50 AM
Spin & Yoga
Studio 201 | Caroline

10:00-10:50 AM
4G
Studio 200 | Caroline

11:00-11:50 AM
YOPI
Studio 200 | Caroline

12:05 PM-End of Video
Yoga/Pilates
Studio 201 | FOD

6:00-6:50 PM
Boot Camp
Studio 201 | Heather

THURSDAY

9:00-9:50 AM
Power Barre
Studio 200 | Loree

10:00-10:50 AM
Silver Workout
Studio 201 | Janelle

10:00-10:50 AM
Intermediate Yoga
Studio 200 | Cat

12:05 PM-End of Video
HIIT
Studio 201 | FOD

6:00-6:50 PM
WERQ
Studio 200 | Heather

7:00-7:50 PM
Circuit Crazy
Studio 201 | Megan

FRIDAY

6:30 AM-End of Video
Yoga
Studio 201 | FOD

9:00-9:50 AM
Yoga (All Levels)
Studio 200 | Janelle

12:00-12:50 PM
Boot Camp
Studio 201 | John

5:30 PM-End of Video
Strength
Studio 201 | FOD

SATURDAY

8:00-8:50 AM
Boot Camp
Studio 201 | Christina

9:00-9:50 AM
Zumba
Studio 200 | Cheri

10:00 AM-End of Video
Barre
Studio 201 | FOD

MONDAY

9:00-9:50 AM
Balance & Stretch
Studio 200 | Loree

10:00-10:50 AM
LIIT
Studio 200 | Kraig

12:05 PM-End of Video
Strength
Studio 201 | FOD

6:00-6:50 PM
Boot Camp
Studio 201 | Heather

7:00-7:50 PM
Mat Pilates
Studio 201 | Loree



For a list of class descriptions visit:
mppd.org/athletics-fitness/group-fitness

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

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