



Classes held at RecPlex
420 W. Dempster Street

KEY

FitnessOnDemand™
Virtual Instructor**FRIDAY**

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

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



For a list of class descriptions visit:  [**mppd.org/athletics-fitness/group-fitness**](http://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.



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:

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