XX GROUP FITNESS

Winter Schedule Nov. 6-Feb. 11

Classes held at RecPlex 420 W. Dempster Street

SUNDAY



Live Instructor

FitnessOnDemand™ **Virtual Instructor**

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

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

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 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 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 Studio 200 | Heather

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FRIDAY

6:30 AM-End of Video

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

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







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**