



GROUP FITNESS

Spring Schedule Feb. 12–April 28

Schedule Contains Update Which Begin March 27

Classes held at RecPlex
420 W. Dempster Street

KEY

Live Instructor

FitnessOnDemand™
Virtual Instructor

| SUNDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| 9:00-9:50 AM Power Hour Studio 200 Maria | 6:30 AM-End of Video Cardio Kickboxing Studio 201 FOD | 6:30 AM-End of Video HIIT Studio 201 FOD | 9:00-9:50 AM Power Barre Studio 200 Loree | 6:30 AM-End of Video Yoga Studio 201 FOD |
| 10:00-10:50 AM Gentle Yoga Studio 200 Jeanine | 9:00-9:50 AM Tabata Studio 200 Loree | 9:00-9:50 AM Spin & Yoga Studio 201 Caroline | 10:00-10:50 AM Silver Workout Studio 201 Janelle | 8:00-8:50 AM Boot Camp Studio 201 Heather |
| 11:00-11:50 AM WERQ Studio 200 Heather | 10:00-10:50 AM Silver Workout Studio 201 Loree | 10:00-10:50 AM 4G Studio 200 Caroline | 10:00-10:50 AM Intermediate Yoga Studio 200 Cat | 9:00-9:50 AM Yoga (All Levels) Studio 200 Janelle |
| 12:00 PM-End of Video Pilates Studio 201 FOD | 10:00-10:50 AM Intermediate Yoga Studio 200 Cat | 11:00-11:50 AM YOPI Studio 200 Caroline | 11:00-11:50 AM Found. Yoga Workshop Studio 200 Cat | 12:00-12:50 PM Boot Camp Studio 201 John |
| | 11:00-11:50 AM Restorative Yoga Studio 200 Cat | 12:05 PM-End of Video Yoga/Pilates Studio 201 FOD | 12:05 PM-End of Video HIIT Studio 201 FOD | 5:30 PM-End of Video Strength Studio 201 FOD |
| MONDAY | | 6:30-7:20 PM Tabata Studio 201 Maria | | SATURDAY |
| 9:00-9:50 AM Balance & Stretch Studio 200 Loree | 12:05 PM-End of Video HIIT Studio 201 FOD | | | 8:00-8:50 AM Boot Camp Studio 201 Christina |
| 10:00-10:50 AM LIIT Studio 200 Kraig | 5:30 PM-End of Video Core Studio 201 FOD | | | 9:00-9:50 AM Zumba Studio 200 Cheri |
| 12:05 PM-End of Video Strength Studio 201 FOD | 6:00-6:50 PM Yoga (All Levels) Studio 200 Janelle | | | 10:00 AM-End of Video Barre Studio 201 FOD |
| 6:00-6:50 PM Boot Camp Studio 201 Heather | 6:00 PM-End of Video HIIT Studio 201 FOD | | | |
| 7:00-7:50 PM Mat Pilates Studio 201 Loree | 7:00-7:50 PM WERQ Studio 200 Kim | | | |



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