



# GROUP CLASSES

Spring Schedule February 2-May 3

Classes held at RecPlex  
420 W. Dempster Street



**GroupFit**



**AquaFit**

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:50 AM <b>Power Hour</b> Lifestyle   Maria	6:30-7:20 AM <b>Spin</b> Performance   Daniel	9:00-9:45 AM <b>Ease</b> Pool   Dena	8:00-8:50 AM <b>Full Body Strength</b> Lifestyle   Megan	9:00-9:50 AM <b>Lower Body &amp; Core</b> Lifestyle   Megan
10:00-10:50 AM <b>WERQ</b> Lifestyle   Heather	8:00-8:50 AM <b>Pilates</b> Lifestyle   Megan	9:00-9:50 AM <b>Spin &amp; Yoga</b> Performance   Caroline	9:00-9:50 AM <b>Power Barre</b> Lifestyle   Loree	9:00-10:00 AM <b>Jog</b> Pool   Loree/Kearin
MONDAY	9:00-9:50 AM <b>Tabata</b> Lifestyle   Loree	9:00-10:00 AM <b>Jog</b> Pool   Kearin	9:00-10:00 AM <b>Power</b> Pool   Dena	10:00-10:50 AM <b>Yoga (All Levels)</b> Lifestyle   Janelle
6:30-7:20 AM <b>Spin</b> Performance   Daniel	9:00-10:00 AM <b>Power</b> Pool   Dena	10:00-10:50 AM <b>4G</b> Lifestyle   Caroline	10:15-11:00 AM <b>Aquabata Deep</b> Pool   Dena	10:15-11:00 AM <b>Power Pilates</b> Pool   Loree
8:00-8:50 AM <b>Dance Tabata</b> Lifestyle   Loree	10:00-10:50 AM <b>Silver Workout</b> Lifestyle   Loree	10:00-10:45 AM <b>Aquabata Light</b> Pool   Dena	10:15-11:00 AM <b>YoPi</b> Pool   Loree	11:00-11:50 AM <b>Silver Workout</b> Lifestyle   Janelle
9:00-9:50 AM <b>Balance &amp; Stretch</b> Lifestyle   Loree	10:15-11:00 AM <b>Aquabata</b> Pool   Dena	11:00-11:50 AM <b>YOPI</b> Lifestyle   Caroline	5:00-5:50 PM <b>Yoga</b> Performance   Ewa	SATURDAY
9:00-10:00 AM <b>Jog</b> Pool   Kearin	11:00-11:50 AM <b>Restorative Movement</b> Lifestyle   Loree	6:00-6:50 PM <b>Tabata</b> Performance   Maria	6:00-6:50 PM <b>Full Body Conditioning</b> Performance   Heather	8:00-8:50 AM <b>Core &amp; More</b> Lifestyle   Maria
10:00-10:50 AM <b>Strength for Life</b> Performance   Myleen	6:00-6:50 PM <b>Yoga (All Levels)</b> Performance   Ewa	7:00-7:50 PM <b>Walk Live</b> Performance   Cheri	7:00-7:50 PM <b>Zumba Toning</b> Multi-Purpose   Cheri	9:00-9:50 AM <b>Zumba</b> Multi-Purpose   Cheri
10:15-11:15 AM <b>Arthritis</b> Pool   Loree	6:45-7:30 PM <b>Instructors Choice</b> Pool   Dena	<ul style="list-style-type: none"> <li>Please wipe down your equipment after use.</li> <li>Please bring your own mat. Mats available for purchase at the RecPlex front desk.</li> </ul>		
6:00-6:50 PM <b>Full Body Conditioning</b> Performance   Heather	7:00-7:50 PM <b>WERQ</b> Multi-Purpose   Kim			
7:00-7:50 PM <b>Mat Pilates</b> Performance   Loree				



On demand virtual classes available in the Performance Studio

**All In Monthly Membership**  
Resident \$60 Non-Resident \$70



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

**Don't have an All In Membership?**

**Group Fitness Only 10-Pack** Member \$80 Non-Member R \$108 NR \$135  
Expires 3 months after purchase • AquaFit classes not included

**Single Class** R \$12 NR \$15



**SCAN FOR CLASS DESCRIPTIONS**

**MPF**

MT. PROSPECT  
FITNESS