



GROUP CLASSES

GroupFit Fall Schedule August 3-November 1



GroupFit



AquaFit

Most Classes at RecPlex 420 W. Dempster St.
Meadows Pool AquaFit 1401 W. Gregory St.

AquaFit Gap Schedule August 3-August 16

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:50 AM Power Hour Lifestyle Maria	8:00-8:50 AM Pilates Lifestyle Megan	9:00-9:45 AM Ease RecPlex Pool Dena	8:00-8:50 AM Stretch & Restore Lifestyle Megan	9:00-10:00 AM Jog RecPlex Pool Loree
10:00-10:50 AM WERQ Lifestyle Heather	8:45-9:45 AM Power RecPlex Pool Dena	9:00-9:50 AM Spin & Yoga Performance Caroline	8:45-9:45 AM Power RecPlex Pool Dena	9:00-9:50 AM Lower Body & Core Lifestyle Megan
MONDAY	9:00-9:50 AM Tabata Lifestyle Loree	9:00-10:00 AM Jog RecPlex Pool Kearin	9:00-9:50 AM Power Barre Lifestyle Loree	10:00-10:50 AM Yoga (All Levels) Lifestyle Janelle
8:00-8:50 AM Dance Tabata Lifestyle Loree	10:00-10:30 AM Strength & Balance RecPlex Pool Dena	10:00-10:50 AM 4G Lifestyle Caroline	10:00-10:50 AM Cardio Strength Inter. Lifestyle Myleen	10:00-11:00 AM Pilates RecPlex Pool Loree
9:00-10:00 AM Jog RecPlex Pool Kearin	10:00-10:50 AM Silver Workout Lifestyle Loree	11:00-11:45 AM Aquabata Light Meadows Pool Dena	10:15-11:00 AM Arthritis RecPlex Pool Loree	11:00-11:50 AM Silver Workout Lifestyle Janelle
9:00-9:50 AM Balance & Stretch Lifestyle Loree	11:00-11:45 AM Aquabata Meadows Pool Dena	11:00-11:50 AM YOPI Lifestyle Caroline	11:00-11:45 PM Aquabata Deep Meadows Pool Dena	SATURDAY
10:00-10:50 AM Strength for Life Performance Myleen	11:00-11:50 AM Restorative Movement Lifestyle Loree	6:00-6:50 PM Tabata Performance Maria	5:00-5:50 PM Yoga Performance Ewa	8:00-8:50 AM Core & More Lifestyle Maria
10:15-11:15 AM Arthritis RecPlex Pool Loree	6:45-7:30 PM Instructors Choice RecPlex Pool Dena	7:00-7:50 PM Walk Live Performance Cheri	6:00-6:50 PM Full Body Conditioning Performance Heather	9:00-9:50 AM Zumba Multi-Purpose Cheri
6:00-6:50 PM Full Body Conditioning Performance Heather	6:00-6:50 PM Yoga (All Levels) Performance Ewa	- Please wipe down your equipment after use. - Please bring your own mat. Mats available for purchase at the RecPlex front desk.		
7:00-7:50 PM Mat Pilates Performance Loree	7:00-7:50 PM WERQ Multi-Purpose Kim			

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



On demand virtual classes
available in the Performance Studio



SCAN FOR CLASS DESCRIPTIONS

MPF

MT. PROSPECT
FITNESS

mppd.org/group-fitness