



GROUP CLASSES

GroupFit Fall Schedule August 3-November 1

Classes at RecPlex 420 W. Dempster St.



GroupFit



AquaFit

AquaFit Schedule Begins September 8

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:50 AM Power Hour Lifestyle Maria	8:00-8:50 AM Pilates Lifestyle Megan	9:00-9:50 AM Spin & Yoga Performance Caroline	8:00-8:50 AM Stretch & Restore Lifestyle Megan	9:00-9:50 AM Lower Body & Core Lifestyle Megan
10:00-10:50 AM WERQ Lifestyle Heather	8:20-8:50 AM Strength & Balance RecPlex Pool Dena	9:00-9:50 AM Deep H2O RecPlex Pool Kearin	9:00-9:50 AM Power Barre Lifestyle Loree	9:00-9:50 AM Deep H2O RecPlex Pool Loree
MONDAY	9:00-9:50 AM Tabata Lifestyle Loree	9:00-9:50 AM Power Light RecPlex Pool Dena	9:00-9:50 AM Power RecPlex Pool Dena	10:00-10:50 AM Yoga (All Levels) Lifestyle Janelle
8:00-8:50 AM Dance Tabata Lifestyle Loree	9:00-9:50 AM Power RecPlex Pool Dena	10:00-10:50 AM 4G Lifestyle Caroline	10:00-10:50 AM Cardio Strength Inter. Lifestyle Myleen	10:00-10:50 AM Pilates RecPlex Pool Loree
9:00-9:50 AM Balance & Stretch Lifestyle Loree	10:00-10:50 AM Silver Workout Lifestyle Loree	10:00-10:50 AM Aquabata RecPlex Pool Dena	10:00-10:50 PM Aquabata Deep RecPlex Pool Dena	11:00-11:50 AM Silver Workout Lifestyle Janelle
9:00-9:50 AM Deep H2O RecPlex Pool Kearin	10:00-10:50 AM Aquabata Light RecPlex Pool Dena	11:00-11:50 AM YOPI Lifestyle Caroline	10:10-11:00 AM Joint Movement RecPlex Pool Loree	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	
10:10-11:00 AM Joint Movement RecPlex Pool Loree	6:00-6:50 PM Yoga (All Levels) Performance Ewa	7:00-7:50 PM Walk Live Performance Cheri	6:00-6:50 PM Full Body Conditioning Performance Heather	
6:00-6:50 PM Full Body Conditioning Performance Heather	6:45-7:35 PM Instructors Choice RecPlex Pool Dena	Please wipe down your equipment after use. Please bring your own mat.		
7:00-7:50 PM Mat Pilates Performance Loree	7:00-7:50 PM WERQ Multi-Purpose Kim			
			7:00-7:50 PM Zumba Toning Multi-Purpose Cheri	



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

mppd.org/group-fitness