GROUP CLASSES

Winter Schedule November 2-January 31

Classes at RecPlex 420 W. Dempster St.

GroupFit AquaFit

SUNDAY

- 9:00-9:50 AM **Power Hour** Lifestyle | Maria
- 10:00-10:50 AM **WERQ** Lifestyle | Heather

MONDAY

- 8:00-8:50 AM **Dance Tabata** Lifestyle | Loree
- 9:00-9:50 AM **Balance & Stretch** Lifestyle | Loree
- 9:00-9:50 AM **Deep H2O** RecPlex Pool | Kearin
- 10:00-10:50 AM **Strength for Life** Performance | Myleen
- 10:10-11:00 AM **Joint Movement** RecPlex Pool | Loree
- 6:00-6:50 PM **Full Body Conditioning** Performance | Heather
- 7:00-7:50 PM **Mat Pilates** Performance | Loree

TUESDAY

- 8:00-8:50 AM **Pilates** Lifestyle | Megan
- 8:20-8:50 AM **Strength & Balance** RecPlex Pool | Dena
- 9:00-9:50 AM **Tabata** Lifestyle | Loree
- 9:00-9:50 AM **Power** RecPlex Pool | Dena
- 10:00-10:50 AM **Silver Workout** Lifestyle | Loree
- 10:00-10:50 AM **Aquabata Light** RecPlex Pool | Dena
- 11:00-11:50 AM **Restorative Movement** Lifestyle | Loree
- 6:00-6:50 PM **Yoga (All Levels)** Performance | Ewa
- 6:45-7:35 PM **Instructors Choice** RecPlex Pool | Dena
- 7:00-7:50 PM **WERQ** Multi-Purpose | Kim

WEDNESDAY

- 9:00-9:50 AM **Spin & Yoga** Performance | Caroline
- 9:00-9:50 AM **Deep H2O** RecPlex Pool | Kearin
- 9:00-9:50 AM **Power Light** RecPlex Pool | Dena
- 10:00-10:50 AM **4G** Lifestyle | Caroline
- 10:00-10:50 AM **Aquabata** RecPlex Pool | Dena
- 11:00-11:50 AM **YOPI** Lifestyle | Caroline
- 6:00-6:50 PM **Tabata** Performance | Maria
- 7:00-7:50 PM **Walk Live** Performance | Cheri

THURSDAY

- 8:00-8:50 AM **Stretch & Restore** Lifestyle | Megan
- 9:00-9:50 AM **Power Barre** Lifestyle | Loree
- 9:00-9:50 AM **Power** RecPlex Pool | Dena
- 10:00-10:50 AM **Cardio Strength Inter.** Lifestyle | Myleen
- 10:00-10:50 PM **Aquabata Deep** RecPlex Pool | Dena
- 10:10-11:00 AM **Joint Movement** RecPlex Pool | Loree
- 5:00-5:50 PM **Yoga** Performance | Ewa
- 6:00-6:50 PM **Full Body Conditioning** Performance | Heather
- 7:00-7:50 PM **Zumba Toning** Multi-Purpose | Cheri

FRIDAY

- 9:00-9:50 AM **Lower Body & Core** Lifestyle | Megan
- 9:00-9:50 AM **Deep H2O** RecPlex Pool | Loree
- 10:00-10:50 AM **Yoga (All Levels)** Lifestyle | Janelle
- 10:00-10:50 AM **Pilates** RecPlex Pool | Loree
- 11:00-11:50 AM **Silver Workout** Lifestyle | Janelle

SATURDAY

- 8:00-8:50 AM **Core & More** Performance | Maria
- 9:00-9:50 AM **Zumba** Multi-Purpose | Cheri

- Please wipe down your equipment after use.
- Please bring your own mat. Mats available for purchase at the RecPlex front desk.

PELOTON

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