# 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
- 8:00-8:50 PM **WERQ** Champions Court | 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**