

# RPGx CLASS SCHEDULE

Fee-Based

WINTER 2019 | FEB



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>(\$)</b> TRX45 (I,A) 5:00-5:45am Aly </p>	<p><b>(\$)</b> Ultimate Interval Challenge (All) 5:15-6:30am Danny </p>	<p><b>(\$)</b> TRX45 (I,A) 5:00-5:45am Brook </p>	<p><b>(\$)</b> Women on Weights (All) 7:00-8:00am Karen </p>	<p><b>(\$)</b> Women on Weights (All) 7:00-8:00am Karen </p>	<p><b>(\$)</b> Water in Motion (All) 7:30-8:30am Charease </p>	<p><b>(\$)</b> TRX Circuit Training (All) 7:45-8:30am Danny </p>
<p><b>(\$)</b> H2O Intervall (All) 8:15-9:15am Judy O </p>	<p><b>(\$)</b> NEW Aqua Bootcamp (All) 7:00-7:45am Danny </p>	<p><b>(\$)</b> Women on Weights (All) 7:00-8:00am Karen </p>	<p><b>(\$)</b> Barre (All) 8:00-8:45am Sandy </p>	<p><b>(\$)</b> H2O Intervall (All) 8:15-9:15am Karen </p>	<p><b>(\$)</b> TRX Circuit Training (All) 9:00-9:45am Diane </p>	<p><b>(\$)</b> Gentle Yoga (All) 11:00-12:15pm Sneha </p>
<p><b>(\$)</b> Gentle Yoga (All) 9:15-10:30am Sneha </p>	<p><b>(\$)</b> Women on Weights (All) 7:00-8:00am Karen </p>	<p><b>(\$)</b> H2O Intervall (All) 8:15-9:15am Karen </p>	<p><b>(\$)</b> Aqua Bootcamp (All) 8:30-9:15am Kim G </p>	<p><b>(\$)</b> Freemotion Plus Abs (All) 8:30-9:45am Deb </p>	<p><b>(\$)</b> Power Strike (All) 9:15-10:15am Richard </p>	
<p><b>(\$)</b> TRX-Kettlebell Fusion (All) 9:45-10:45am Deb </p>	<p><b>(\$)</b> Freemotion (All) 8:45-9:45am Deb </p>	<p><b>(\$)</b> Gentle Yoga (All) 9:00-10:30am Joni/Sneha </p>	<p><b>(\$)</b> Freemotion (All) 8:45-9:45am Deb </p>	<p><b>(\$)</b> Suspension Training for Active Seniors (B, I) 9:30-10:15am Karen </p>	<p><b>(\$)</b> BodyFlow (All) 9:15-10:15am Kim </p>	
<p><b>(\$)</b> Tai Chi (All) 5:15-6:15pm Andrew </p>	<p><b>(\$)</b> Women on Weights (All) 9:00-10:00am Karen </p>	<p><b>(\$)</b> Fusion Strength (B, I) 9:30-10:15am Karen </p>	<p><b>(\$)</b> Women on Weights (All) 9:00-10:00am Karen </p>	<p><b>(\$)</b> Gentle Yoga (All) 9:15-10:30am Sneha </p>		
<p><b>(\$)</b> Freemotion (All) 6:15-7:00pm Jeannie </p>	<p><b>(\$)</b> Core Structure Yoga (All) 9:00-10:15am <b>COMING BACK IN MARI</b> </p>	<p><b>(\$)</b> TRX-Kettlebell Fusion (All) 9:45-10:45am Deb </p>	<p><b>(\$)</b> NEW Gentle Yoga (All) 9:00-10:15am Brenda </p>			
<p><b>(\$)</b> NEW Gentle Yoga (All) 6:30-7:45pm Deb </p>	<p><b>(\$)</b> G.I.T. Fit (I, A) 10:15-11:15am Deb </p>	<p><b>(\$)</b> Water in Motion (All) 5:30-6:30pm Charease </p>	<p><b>(\$)</b> Aqua Dynamics / Aqua Arthritis (All) 9:30-10:15am Kim G </p>			
	<p><b>(\$)</b> Deep Water Trekking (All) 10:30-11:30am Karen </p>	<p><b>(\$)</b> TRX Circuit Training (I, A) 6:15-7:00pm Jeannie </p>	<p><b>(\$)</b> G.I.T. Fit (I, A) 10:15-11:15am Deb </p>			
	<p><b>(\$)</b> Gentla Yoga (All) 12:15-1:00pm Sneha </p>	<p><b>(\$)</b> Power Strike (All) 6:15-7:00pm Richard </p>	<p><b>(\$)</b> Deep Water Trekking (All) 10:30-11:30am Karen </p>			
	<p><b>(\$)</b> BodyFlow (All) 5:30-6:30pm Jessica </p>	<p><b>(\$)</b> NEW Gentle Yoga (All) 6:30-7:45pm Brenda </p>	<p><b>(\$)</b> Gentle Yoga (All) 12:15-1:00pm Sneha </p>			
	<p><b>(\$)</b> Water in Motion (All) 5:45-6:45pm Robin </p>		<p><b>(\$)</b> BodyFlow (All) 6:15-7:15pm Kim </p>			
	<p><b>(\$)</b> NEW Barre (All) 6:45-7:30pm Theresa </p>					

### LOCATION

Fitness Center     Yoga-Pilates Studio  
 Aqua Arena     Indoor Waterpark

### (\$) PAID CLASSES

<b>Trainer-Led*</b> 1st Class - \$43 2nd Class - \$33 3rd Class - \$23	<b>Mind-Body*</b> \$28 per class OR Class Pack Option: 5 for \$50 or 10 for \$80	<b>Aqua Fitness**</b> \$27/\$53 per class
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\*Fees are monthly. \*\*Fees are per session.

### EXERCISE LEVEL UPGRADE

Get all of these classes for only \$50 a month!

**Upgrade Includes:\***

- Unlimited Mind Body, Aqua Fitness, and Trainer-Led Classes
- Unlimited Tanning
- Free Kids Court (waived fee, not retroactive)
- Free Skate Rental
- One Free Parking Pass
- One Free Personal Training Session

\*3 month commitment

### FITNESS LEVELS

All = All    B = Beginner    I = Intermediate    A = Advanced

### AQUA FITNESS DATES

Winter I: Jan. 7 - Mar. 3    Winter II: Mar. 4 - Apr. 21

CLASS TIMES, LOCATIONS AND INSTRUCTORS ARE SUBJECT TO CHANGE.

## Can I reserve a spot?

For the FREE Group Fitness classes, no. Studios are opened 15 minutes before the class start time. If there is a class before, please wait until the class ends to enter the studio. You may register for the fee-based classes.

## What should I wear and bring with me?

Wear comfortable workout attire and appropriate shoes. Bring a towel, water bottle, and mat (optional).

## Can my child come to class?

14 and above are allowed to take classes.  
13 and below are not to be left unattended and are encouraged to utilize the Kid's Court.

## Where can I find descriptions on the classes?

PlayByPlay and online at [recplexonline.com](http://recplexonline.com).

## How can I stay up to date on last-minute class changes/cancellations?

Sign-up for our RainedOut app free notification service.  
Search for the RecPlex on [www.RainedOut.com](http://www.RainedOut.com)



Our organization uses *RainedOut* to inform you about cancelled fitness classes. *RainedOut* delivers our urgent alerts to you as a text message or email.

Text RecPlexFitness to 84483  
to receive alerts from the RecPlex!



For email alerts, search for the RecPlex on [www.RainedOut.com](http://www.RainedOut.com)

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