

RPGx CLASS SCHEDULE

Included with membership



WINTER 2019 | JAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BodyPump (All) 5:15-6:15am Lori 	Cycling Strong (All) 5:15-6:15am Brook 	BodyPump (All) 5:00-6:00am Roberta 	BodyStep (All) 5:15-5:45am Lori 	BodyPump/Core (All) 5:00-6:00am Connie 	Grit (A) 7:15-7:45am Michelle 	Cycling (All) 8:45-9:30am Aly
Interval Cycling (All) 5:30-6:30am Christine 	Strength for Life (All) 8:00-9:15am Daris 	Interval Cycling (All) 5:30-6:30am Christine 	Cycling Strong (All) 5:15-6:15am Brook 	Interval Cycling (All) 5:30-6:30am Christine 	BodyPump/Core (All) 8:00-9:00am Connie 	BodyPump (All) 9:00-10:00am Nicci
RPM (All) 8:30-9:25am Deb 	BodyPump (All) 9:30-10:30am Sara 	RPM (All) 8:30-9:25am Deb 	CXWORX (All) 5:45-6:15am Lori 	RPM (All) 9:00-9:50am Sara 	RPM (All) 9:00-9:50am Sara 	Circuit Challenge (All) 9:00-10:00am Jeannie
Phat Attack (All) 9:00-9:30am Brook 	BodyPump (All) 12:15-1:00pm Elena 	Step (All) 9:00-9:45am Michelle 	Strength 4 Life (All) 8:00-9:00am Aly 	Strength 4 Life (All) 9:00-10:00am Doug 	Zumba (All) 9:00-10:00am Robin 	NEW Zumba (All) 10:15-11:15am Callie/Robin
Strength 4 Life (All) 9:00-10:15am TBD 	Phat Attack (All) 5:30-6:30pm Brook 	BodyCombat (All) 9:00-10:00am Nicci 	Cycling & Core (All) 9:00-10:00am Brook 	BodyCombat (All) 9:00-10:00am Nicci 	BodyStep (All) 9:15-10:15am Elena 	
CXWORX (All) 9:30-10:00am Brook 	BodyPump (All) 5:35-6:20pm Lori 	Silver & Fit (All) 10:15-11:00am Judy O 	BodyPump (All) 9:30-10:30am Sara 	Buns & Abs (All) 10:10-11:10am Ashley 	BodyCombat (All) 10:30-11:30am Kim S 	
Silver & Fit (All) 10:15-11:00am Judy O 	CXWORX (All) 6:20-6:50pm Lori 	Cycling & Core (All) 12:15-1:00pm Sandy 	Circuit Challenge (All) 12:15-1:00pm Pauly 	BodyPump (All) 12:15-1:00pm Kim S 		
Circuit Challenge (All) 12:15-1:00pm Pauly 	Cycling Strong (All) 7:00-8:00pm Laura 	BodyStep (All) 5:15-6:00pm Lori 	BodyPump (All) 4:45-5:25pm Elena 	NEW TIME BodyPump (All) 5:30-6:30pm Sara/Michelle 		
BodyStep (All) 4:30-5:15pm Elena 		Cycling Strong (All) 5:15-6:15pm Connie 	CXWORX (All) 5:25-5:55pm Elena 	Phat Attack (All) 6:00-7:00pm Laura 		
BodyCombat (All) 5:25-6:20pm Jessica 		POUND (All) 5:30-6:15pm Diane 	Cycling (All) 5:30-6:15pm Aly 			
Cycling (All) 5:15-6:10pm Connie 		BodyPump (All) 6:15-7:15pm Kim S 	Zumba (All) 5:30-6:30pm Robin 			
BodyPump (All) 6:15-7:15pm Connie 		Zumba (All) 6:30-7:30pm Robin 	GRIT (A) 6:00-6:30pm Michelle 			
		CXWORX (All) 7:20-7:50pm Kim S 				

LOCATION

Cycling Studio Zone AB

Core Studio

FITNESS LEVELS

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

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.

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



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

WITH *RAINEDOUT*
YOU WILL...

- ✓ Save time
- ✓ Save gas
- ✓ Stay informed
- ✓ Be in the know

Sign Up Today!