




# GROUP FITNESS CLASS SCHEDULE

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
| 5:15-6:15am<br><b>BodyPump</b><br>Zone A/B: Lori                    | 5:15-6:15am<br><b>Cycling Strong</b><br>Cycling Studio: Brook   | 5:00-6:00am<br><b>BodyPump</b><br>Zone A/B: Roberta                 | 5:15-5:45am<br><b>BodyStep</b><br>Zone A/B: Lori  | 5:00-6:00am<br><b>BodyPump/Core</b><br>Zone A/B: Connie   |
| 5:30-6:30am<br><b>Interval Cycling</b><br>Cycling Studio: Christine | 8:00-9:15am<br><b>Strength 4 Life</b><br>Zone A/B: Aly          | 5:30-6:30am<br><b>Interval Cycling</b><br>Cycling Studio: Christine | 5:45-6:15am<br><b>CXWORX</b><br>Zone A/B: Lori  | 5:30-6:30am<br><b>Interval Cycling</b><br>Cycling Studio: Christine   |
| 8:30 - 9:25am<br><b>RPM</b><br>Cycling Studio: Deb                  | 9:00-9:45am<br><b>Max Toning</b><br>Core Studio: Cheryl         | 8:30-9:25am<br><b>RPM</b><br>Cycling Studio: Deb                    | 5:15-6:15am<br><b>Cycling &amp; Strong</b><br>Cycling Studio: Brook   | 9:00-10:00am<br><b>Strength 4 Life</b><br>Core Studio: Doug   |
| 9:00-9:30am<br><b>Phat Attack</b><br>Core Studio: Brook             | 9:30-10:30am<br><b>BodyPump</b><br>Zone A/B: Sara               | 8:45-10:00am<br><b>BodyStep Plus</b><br>Zone A/B: Cheryl            | 8:00-9:00am<br><b>Strength 4 Life</b><br>Zone A/B: Aly  | 9:00-10:00am<br><b>BodyCombat</b><br>Zone A/B: Nicci  |
| 9:30-10:00am<br><b>CXWORX</b><br>Core Studio: Brook                 | 12:15-1:00pm<br><b>BodyPump</b><br>Zone A/B: Elena              | 9:00-10:00am<br><b>BodyCombat</b><br>Core Studio: Nicci             | 9:00-10:00am<br><b>Cycle &amp; Core</b><br>Cycling Studio: Brook  |  9:00-9:50am<br><b>RPM</b><br>Cycling Studio: Sara |
| 9:00-10:15am<br><b>Strength 4 Life</b><br>Zone A/B: Dan             | 4:40-5:25pm<br><b>Strong by Zumba</b><br>Zone A/B: Bryan        | 10:15-11:00am<br><b>Silver &amp; Fit</b><br>Core Studio: Judy O     | 9:30-10:30am<br><b>BodyPump</b><br>Zone A/B: Sara   | 10:10-11:10am<br><b>Buns &amp; Abs</b><br>Zone A/B: Ashley A.   |
| 10:15-11:00am<br><b>Silver &amp; Fit</b><br>Core Studio: Judy O     | 5:30-6:30pm<br><b>Phat Attack</b><br>Core Studio: Brook         | 12:15-1:00pm<br><b>Cycle &amp; Core</b><br>Cycling Studio: Sandy    | 12:15-1:00pm<br><b>Circuit Challenge</b><br>Core Studio: Pauly  | 12:15-1:00pm<br><b>BodyPump</b><br>Zone A/B: Emily  |
| 12:15-1:00pm<br><b>Strength To Go</b><br>Zone A/B: Aly              | 5:35-6:20pm<br><b>BodyPump</b><br>Zone A/B: Lori                | 4:30-5:15pm<br><b>BodyStep</b><br>Zone A/B: Emily                   | 4:45-5:25pm<br><b>BodyPump</b><br>Zone A/B: Elena   | 6:00-7:00pm<br><b>BodyPump</b><br>Zone A/B: Bryan   |
| 4:30-5:15pm<br><b>BodyStep</b><br>Zone A/B: Elena                   | 6:20-6:50pm<br><b>CXWORX</b><br>Zone A/B: Lori                  | 5:15-6:15pm<br><b>Cycling Strong</b><br>Cycling Studio: Connie      | 5:25-5:55pm<br><b>CXWORX</b><br>Zone A/B: Elena   | 6:15-7:15pm<br><b>Xtreme Fitness</b><br>Core Studio: Laura  |
| 5:20-6:05pm<br><b>POUND</b><br>Zone A/B: Diane                      | 6:45-7:45pm<br><b>Strong by Zumba</b><br>Core Studio: Callie    | 5:30-6:15pm<br><b>POUND</b><br>Core Studio: Diane                   |  5:30-6:15pm<br><b>Cycling</b><br>Cycling Studio: Aly |   |
| 5:15-6:10PM<br><b>Cycling</b><br>Cycling Studio: Connie             | 7:00 - 8:00pm<br><b>Cycling Strong</b><br>Cycling Studio: Laura | 6:30-7:30pm<br><b>Zumba</b><br>Core Studio: Robin                   | 5:30-6:30pm<br><b>Zumba</b><br>Core Studio: Bryan   |   |
| 5:25-6:20pm<br><b>Body Combat</b><br>Core Studio: Jessica           |   | 6:15-7:15pm<br><b>BodyPump</b><br>Zone A/B: Kim                     | 6:00-6:30pm<br><b>GRIT</b><br>Zone A/B: Michelle  |   |
| 6:15-7:15pm<br><b>BodyPump</b><br>Zone A/B: Connie                  |   | 7:20-7:50pm<br><b>CXWORX</b><br>Zone A/B: Kim                       | 6:45-7:45pm<br><b>Strong by Zumba</b><br>Core Studio: Bryan   |   |

| SATURDAY  | SUNDAY  |
|---|---|
| 7:15-7:45am<br><b>GRIT</b><br>Zone A/B: Michelle            | 8:45-9:30am<br><b>Cycling</b><br>Cycling Studio: Mathias          |
| 8:00-9:00am<br><b>BodyPump/Core</b><br>Zone A/B: Connie     | 9:00-10:00am<br><b>BodyPump</b><br>Zone A/B: Nicci                |
| 9:00-9:50am<br><b>RPM Challenge</b><br>Cycling Studio: Sara | 9:00-10:00am<br><b>*Circuit Challenge</b><br>Core Studio: Jeannie |
| 9:00-10:00am<br><b>Zumba</b><br>Core Studio: Bryan          | * Circuit Challenge may go outside weather permitting             |
| 9:15 - 10:15am<br><b>BodyStep</b><br>Zone A/B: Elena        |   |
| 10:30-11:30am<br><b>BodyCombat</b><br>Core Studio: Kim      |   |

## OCTOBER 2018



**SCARY IN THE PRAIRIE**  
5K WALK/RUN  
10K

**SATURDAY, OCTOBER 27 - 5:00 PM**  
9900 Terwall Terrace, Pleasant Prairie, WI 53158

DRESS UP IN YOUR FAVORITE COSTUME & JOIN US FOR OUR FALL FUN RUN!

\*Classes that do not meet the minimum attendance requirement can be removed from the schedule at any time.

# Group Fitness



## Can I reserve my 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. Please see each schedule for registration options.

## 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 of the classes?

Play by Play and online.

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

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

RECPLEX PRESENTS

# GLOW FITNESS

FEEES:  
**\$5 / \$10**  
(Per Class)



**October 5**  
Yoga (14+)  
7:15-8:15pm

**ADDITIONAL YOUTH CLASSES\***

6:30-7:00pm  
Parent Child Yoga\*\* (6+)

7:15-8:15pm  
Kid Fit (6-13)

**Fees**  
\$5 / \$10 (for both classes)



**October 19**  
Body Combat  
7:15-8:15pm

**\*PLUS Register your child for a night of supervised fitness!  
Additional Classes offered on Oct. 5 & Nov. 9 sessions only!**

**\*\* Parents registered in adult glow class may join their child in this 30 min class for FREE.**

**Kid Fit Description: General Physical Preparedness (GPP).  
Non-weight bearing exercises. (ex. shuttle run, frog hops, agility ladders, speed cones, core strength development and more)**



**November 2**  
Cycling  
7:15-8:15pm



**November 9**  
Zumba (14+)  
7:15-8:15pm

**ADDITIONAL YOUTH CLASSES\***

7:15-8:15pm  
Kid Fit (6-13)

8:20-8:50pm  
Parent Child Zumba\*\*(6+)

**Fees**  
\$5 / \$10 (for both classes)