

FITNESS CLASS DEMO SCHEDULE

Free Classes!!!

Free Demo Classes Wednesday, November 24-Sunday, November 28, 2010

Free Classes!!!

**Demo Classes
 Free To Members
 Wednesday, November 24 to
 Sunday, November 28th, 2010**

	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28
	5:00-6:00am BodyPump w/Nicci A/B Studio				7:00-8:00am Swim 4 Fitness w/Ken Aqua Arena
	8:30-9:15am RPM w/Debbie Cycling Studio	7:00-8:00am BodyPump w/Nicci A/B Studio		8:00-9:00am BodyPump w/Connie A/B Studio	8:00-9:00am BodyVive w/ Kathy Core Studio
	9:00-10:10am Double Step with Judy A/B Studio	9:00-10:00am Intense Moves w/Mary A/B studio	9:00-10:00am RPM Challenge w/Mary Cycling Studio	8:30-9:30am BodyVive w/Kathy Core Studio	8:30-10:00am TRI Brick w/Ken Cycle Studio
	10:15-11:15am BodyPump w/Nancy A/B Studio		9:00-10:00am Forever Fit w/Judy A/B Studio	9:00-10:00am BodyFlow w/Nicci Yoga/Pilates Studio	9:00-10:00am BodyPump w/Nancy A/B Studio
	10:30-11:30am BodyFlow w/Judy N. Yoga/Pilates Studio		10:15-11:15am BodyPump w/Nancy A/B Studio	9:00-10:00am BodyStep w/mary A/B Studio	10:00-11:00am Step w/Nancy A/B Studio
	4:00-4:50pm RPM w/Mary Cycling Studio		11:10-12:10pm Step w/Nancy A/B Studio	10:15-11:15am BodyCombat w/Nicci Core Studio	
	5:00-6:00pm Cycle & Core w/Connie Cycle & A/B Studio				
	5:30-7:00pm SuperVive with Lisa/Minda/Kathy Core Studio				
	6:00-7:00pm Pilates w/Barb Yoga/Pilates Studio				
	7:00-8:00pm BodyCombat w/Nicci A/B Studio				
	7:15-8:15pm Yoga w/Barb Yoga/Pilates Studio				

Demo classes are free to RecPlex Members
 Non Members \$5.00 per class.

Non Members can buy \$15.00 pass and
 attend any class.



RecPlex
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