



GROUP FITNESS CLASS SCHEDULE

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

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

DECEMBER 2018

Demo Schedule
Mon, 12/24 - Fri, 1/4

More details to come



*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

RainedOut™
KNOW BEFORE YOU GO

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!

WITH **RAINEDOUT** YOU WILL...

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

Sign Up Today!

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The advertisement features a dark blue background with a light blue cloud graphic behind the 'RainedOut' logo. On the right, a smartphone is shown displaying the app's interface. The text is white and yellow, providing clear information about the app's benefits and how to sign up.