

RPGx CLASS SCHEDULE

WINTER 2019 | JAN



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>(S) TRX45 (I,A) 5:00-5:45am Aly</p> <p>BodyPump (All) 5:30-6:15am Lori</p> <p>Interval Cycling (All) Christine</p> <p>(S) H2O Interval (All) 8:15-9:15am Judy O</p> <p>RPM (All) 8:30-9:25am Deb</p> <p>Phat Attack (All) 9:00-9:30am</p> <p>Strength 4 Life (All) 9:00-10:15am TBD</p> <p>(S) Gentle Yoga (All) 9:15-10:30am Brenda</p> <p>CXWORX 9:30-10:00am Book</p> <p>(S) TRX-Kettlebell Fusion (All) 9:45-10:45am Deb</p> <p>Silver & Fit (All) 10:15-11:00am Judy O</p> <p>Circuit Challenge 12:15-1:00pm Pauly</p> <p>BodyStep (All) 5:30-5:15pm Elena</p> <p>Cycling (All) 5:15-6:10pm Connie</p> <p>(S) Tai Chi (All) 5:15-6:15pm Andrew</p> <p>BodyCombat (All) 5:25-6:20pm Jessica</p> <p>(S) Freemation (All) 6:15-7:00pm Jeanine</p> <p>BodyPump (All) 6:15-7:15pm Connie</p>	<p>Cycling Strong (All) 5:15-6:15am Book</p> <p>(S) Elliptic Interval Challenge (All) 5:15-6:30am TBD</p> <p>(S) Women on Weights (All) 7:00-8:00am Karen</p> <p>Strength 4 Life (All) 8:00-9:15am Doris</p> <p>(S) Freemation (All) 8:45-9:45am Deb</p> <p>(S) Women on Weights (All) 9:00-10:00am Karen</p> <p>(S) Core Structure Yoga (All) 9:00-10:15am Joni</p> <p>BodyPump (All) 9:30-10:30am Sara</p> <p>(S) G.I.T. Fit (I, A) 10:15-11:15am Deb</p> <p>(S) Deep Water Trekking (All) 10:30-10:30am Karen</p> <p>(S) Gentle Yoga (All) 12:15-1:00pm COMING BACK IN FEB!</p> <p>BodyPump (All) 12:15-1:00pm Elena</p> <p>(S) BodyFlow (All) 5:30-6:30pm Jessica</p> <p>Phat Attack (All) 5:30-6:30pm Book</p> <p>BodyPump (All) 5:35-6:20pm Lori</p> <p>(S) Water in Motion (All) 5:45-6:45pm Robin</p> <p>CXWORX (All) 6:20-6:50pm Lori</p> <p>Cycling Strong (All) 7:00-8:00pm Jana</p>	<p>(S) TRX45 (I,A) 5:15-5:45am Book</p> <p>BodyPump (All) 5:30-6:00am Roberta</p> <p>Interval Cycling (All) 5:30-6:30am Christine</p> <p>(S) Women on Weights (All) 7:00-8:00am Karen</p> <p>(S) H2O Interval (All) 8:15-9:15am Karen</p> <p>RPM (All) 8:30-9:25am Deb</p> <p>Step (All) 9:00-9:45am Michelle</p> <p>BodyCombat (All) 9:00-10:00am Nicci</p> <p>(S) Gentle Yoga (All) 9:00-10:30am Joni</p> <p>(S) Fusion Strength (B,I) 9:30-10:15am Karen</p> <p>(S) TRX-Kettlebell Fusion (All) 9:45-10:45am Deb</p> <p>Silver & Fit (All) 10:15-11:00am Judy O</p> <p>Cycling & Core (All) 12:15-1:00pm Sandy</p> <p>BodyStep (All) 5:15-6:00pm Lori</p> <p>Cycling Strong (All) 5:15-6:15pm Connie</p> <p>POUND (All) 5:30-6:15pm Diane</p> <p>(S) Water in Motion (All) 5:30-6:30pm Cherisse</p> <p>(S) TRX Circuit Training (I, A) 6:15-7:00pm Jeanine</p> <p>(S) Power Strike (All) 6:15-7:00pm Richard</p> <p>BodyPump (All) 6:15-7:15pm Kim S</p> <p>Zumba (All) 6:30-7:30pm Robin</p> <p>CXWORX (All) 7:20-7:50pm Kim S</p>	<p>BodyStep 5:15-5:45am Lori</p> <p>Cycling Strong (All) 5:15-6:15am Book</p> <p>CXWORX (All) 5:45-6:15am Lori</p> <p>(S) Women on Weights (All) 7:00-8:00am Karen</p> <p>(S) BARRE (All) 8:00-8:45am Sandy</p> <p>Strength 4 Life (All) 8:00-9:00am Aly</p> <p>(S) Aqua Boatcamp (All) 8:30-9:15am Kim G</p> <p>(S) Freemation (All) 8:45-9:45am Nicci</p> <p>(S) Women on Weights (All) 9:00-10:00am Karen</p> <p>Cycle & Core (All) 9:00-10:00am Book</p> <p>(S) Area Dynamics/Area Athletics (All) 9:30-10:15am Kim G</p> <p>BodyPump (All) 9:30-10:30am Sara</p> <p>(S) G.I.T. Fit (I,A) 10:15-11:15am Deb</p> <p>(S) Deep Water Trekking (All) 10:30-11:30am</p> <p>(S) Gentle Yoga (All) 12:15-1:00pm Brenda</p> <p>Circuit Challenge (All) 12:15-1:00pm Pauly</p> <p>BodyPump (All) 4:45-5:25pm Elena</p> <p>CXWORX (All) 5:25-5:55pm Elena</p> <p>Cycling (All) 5:30-6:15pm Aly</p> <p>Zumba (All) 5:30-6:30pm Robin</p> <p>GRIT (A) 6:00-6:30pm Michelle</p> <p>(S) BodyFlow (All) 6:15-7:15pm Kim</p>	<p>BodyPump/Core (All) 5:00-6:00am Connie</p> <p>Interval Cycling (All) 5:30-6:30am Christine</p> <p>(S) Women on Weights (All) 7:00-8:00am Karen</p> <p>(S) H2O Interval (All) 8:15-9:15am Karen</p> <p>(S) Freemation Plus Abs (All) 8:30-9:45am Deb</p> <p>RPM (All) 9:00-9:50am Sara</p> <p>Strength 4 Life (All) 9:15-10:00am Doug</p> <p>BodyCombat (All) 9:00-10:00am Nicci</p> <p>(S) Suspension Training for Active Seniors (B,I) 9:30-10:15am Karen</p> <p>Buns & Abs (All) 10:10-11:10am Ashley</p> <p>BodyPump (All) 12:15-1:00pm Kim S</p> <p>NEW TIME BodyPump (All) 5:30-6:30pm Sara/Michelle</p> <p>Phat Attack (All) 6:00-7:00pm Laura</p>	<p>GRIT (A) 7:15-7:45am Michelle</p> <p>(S) Water in Motion (All) 7:30-8:30am Cherisse</p> <p>BodyPump/Core (All) 8:00-9:00am Connie</p> <p>(S) TRX Circuit Training (All) 9:00-9:45am Sara</p> <p>RPM (All) 9:00-9:50am Sara</p> <p>Zumba (All) 9:00-10:00am Robin</p> <p>(S) Power Strike (All) 9:15-10:00am Richard</p> <p>(S) BodyFlow (All) 9:15-10:15am Kim</p> <p>BodyStep (All) 9:15-10:15am Elena</p> <p>BodyCombat (All) 10:30-11:30am Kim S</p>	<p>(S) TRX Circuit Training (All) 7:45-8:30am Aly</p> <p>Cycling (All) 8:45-9:30am Aly</p> <p>BodyPump (All) 9:00-10:00am Nicci</p> <p>Circuit Challenge (All) 9:00-10:00am Diane</p> <p>NEW Zumba (All) 10:15-11:15am Collin/Robin</p> <p>(S) Gentle Yoga (All) 11:00-12:15pm Brenda</p>

LOCATION

- Fitness Center
- Yoga-Pilates Studio
- Cycling Studio
- Indoor Waterpark
- Core Studio
- Aqua Arena

Zone AB

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

PAID CLASSES

*Fees are monthly. **Fees are per session.

- Trainer-Led***
1st Class - \$43
2nd Class - \$33
3rd Class - \$23
- Mind-Body***
\$28 per class
- Aqua Fitness****
\$27/\$53 per class

Upgrade to Exercise Level for additional \$50/month and have unlimited access to all Trainer-Led, Mind-Body & Aqua Fitness classes!

CLASS TIMES, LOCATIONS AND INSTRUCTORS ARE SUBJECT TO CHANGE. FOR LATEST SCHEDULE, VISIT RECPLEXONLINE.COM

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. Please see each schedule for registration questions.

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

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