




MIND & BODY CLASS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| 9:15-10:30am Gentle Yoga Yoga-Pilates: Sneha | 9:00-10:15am Core Structure Yoga Yoga-Pilates: Joni | 9:00-10:30am Gentle Yoga Yoga-Pilates: Joni | 8:00-8:45am BARRE Yoga-Pilates: Sandy | 9:15-10:30am Gentle Yoga Yoga-Pilates: Sneha |
| NEW! 5:15-6:15pm Tai Chi Yoga-Pilates: Andrew | NEW! 12:15-1:00pm Gentle Yoga Yoga-Pilates: Sneha | Registration Required! | 12:15-1:00pm Gentle Yoga Yoga-Pilates: Sneha | Mind/Body Classes not included with Day Pass |
| | 5:30-6:30pm BODYFLOW™ Yoga-Pilates: Jessica | | 6:15-7:15pm BODYFLOW™ Yoga-Pilates: Kim | Members Only |

FEES:

\$28 per class per month

Or Upgrade to our Exercise Membership

| SATURDAY | SUNDAY |
|---|--|
| 9:15-10:15am BODYFLOW™ Yoga-Pilates: Kim | 11:00-12:15pm Gentle Yoga Yoga-Pilates: Sneha |



RECPLEX and NETA are co-sponsoring the following nationally-recognized workshops:

Yoga Foundations Specialty Certification Sat, Jan 12 & Sun, Jan 13

Fitness Yoga Specialty Certification Sat, Jan 26 & Sun, Jan 27

Call for more information

DECEMBER 2018




AQUA FITNESS CLASS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| 8:15-9:15am H2O Interval Waterpark: Judy O | 10:30-11:30am Deep Water Trekking* Aqua Arena: Karen | 8:15-9:15am H2O Interval Waterpark: Karen | 8:30-9:15am Aqua Bootcamp Waterpark: Kim G | 8:15-9:15am H2O Interval Waterpark: Karen |
| | 5:45-6:45pm WATERinMOTION® Waterpark: Bryan | NEW! 5:30-6:30pm WATERinMOTION® Waterpark: Charease | 9:30-10:15am Aqua Dynamics Aqua Arthritis Waterpark: Kim G | SATURDAY 7:30-8:30am WATERinMOTION® Waterpark: Bryan |
| | | | 10:30 - 11:30am Deep Water Trekking* Aqua Arena: Karen | |

WINTER I

Mon, Jan 7-Sun, Mar 3
Member Reg: Fri, Dec 14
Non-member Reg: Tues, Dec 18

WINTER II

Mon, Mar 4 - Sun, Apr 21
Member Reg: Fri, Feb 15
Non-member Reg: Tues, Feb 19

No drop-ins/No series sales

Aqua Classes
not included with
Day Pass

Registration
Required!

FEES:

Member: \$27/class

Non-Member: \$53/class


Or Upgrade to our Exercise Membership

Ask how you can upgrade to our Exercise Membership to attend all of these classes
and more for only an additional \$50 a month!!!

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




TRAINER LED CLASS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| 5:00-5:45am TRX45 Aly | 5:15-6:30am Ultimate Interval Challenge Doris | 5:00-5:45am TRX45 Brook | 5:15-6:30am Ultimate Interval Challenge Doris | 7:00-8:00am Women on Weights Karen |
| 9:45-10:45am TRX-Kettlebell Fusion Deb | 7:00-8:00am Women on Weights Karen | 7:00-8:00am Women on Weights Karen | 7:00-8:00am Women on Weights Karen | 8:30-9:45am Freemotion Plus Abs Deb |
| 6:15-7:00pm Freemotion Jeannie | 8:45-9:45am Freemotion Deb | 9:30-10:15am Fusion Strength Karen | 8:45-9:45am Freemotion Deb | 9:30-10:15am Suspension Training for Active Seniors Karen |
| 6:30-7:30pm Power Strike Richard | 9:00-10:00am Women on Weights Karen | 9:45-10:45am TRX-Kettlebell Fusion Deb | 9:00-10:00am Women on Weights Karen | |
| | 10:15-11:15am G.I.T. Fit Deb | 6:15-7:00pm TRX Circuit Training Jeannie | 10:15-11:15am G.I.T. Fit Deb | |
| | |  6:15-7:00pm Power Strike Richard | | |

| SATURDAY | SUNDAY |
|---|---|
| 9:00-9:45am TRX Circuit Training Deb | 7:45-8:30am TRX Circuit Training Aly |
| 9:15-10:15am Power Strike Richard | |

Registration Required

*Must have a minimum of 5 in attendance for classes to run.

FEES:

| | |
|---------------------|----------------|
| First Class | \$43/mo |
| Second Class | \$33/mo |
| Third Class | \$23/mo |

Or Upgrade to our Exercise Membership

DECEMBER 2018

Ask how you can upgrade to our Exercise Membership to attend all of these classes and more for only an additional \$50 a month!!!

SIGNATURE SERIES TRAINER-LED SMALL GROUP WORKOUTS

Freemotion- Toning, core, & strength training. The focus is on continuous movements that target all muscle groups for overall conditionin g.

Fusion Strength- Improve your bone density, muscle tone, balance, and strength with this weight bearing workout. This class is 45 minutes which includes strengthening using Freemotion Cable Columns, hand weights, body bars and balance balls followed by a full body cool down/stretch. Can be modified for all levels.

G.I.T. Fit- Group Interval Training structured with interval circuits, alternating high-moderate intensity using kettlebells, disc, bosu balls, steps, plyo boxes, logs, punching bags...

Power Strike- Provides a full-body strength and conditioning workout, incorporating various body weight exercises within boxing rounds to create a high-intensity boxing fitness experience.

Suspension Training for Active Seniors- Learn how to use the TRX® Suspension Trainer to improve function, assist with balance and coordination. Offers strength, balance, coordination and conditioning workouts. Improve function, assist with balance and coordination while getting a full body workout utilizing the safety and support of a suspension trainer.

TRX45- Engage your muscles with a non-stop workout, building overall strength, balance, and endurance.

TRX Circuit Training- Develop core power and improve muscular endurance with a full body workout using the TRX straps and various equipment.

TRX-Kettlebell Fusion- Challenging class that includes cardio intervals, strength and balance movements utilizing a combination of TRX, and kettlebells for a full body workout.

Ultimate Interval Challenge- Drop in anytime between 5:15-6:30am. You'll find a challenging interval workout waiting for you. Start your stopwatch and move through a challenging circuit incorporating strength and cardio challenges. Leader board times will be posted so you can track your workout.

Women on Weights- Learn new training tips from our trainer in a group setting. Your trainer will assess your current fitness level and set you up on a personalized plan and progress you based on your needs!

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