

**Members:
FREE Classes**

RECPLEX NINE DAYS OF FITNESS

**Non-Members:
\$5.00 per class
or \$25 unlimited pass**

Fitness Demo Classes: Thursday December 22 - Saturday December 31 2011

Thursday 22	Friday 23	Saturday 24	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31
8:15-9:15am Endurance Cycling Jeannie R. Cycling Studio	5:00-5:45am TRX Nicci Fitness Center	8:00-8:45am TRX Nicci Fitness Center	8:30-9:25am RPM Deb Cycling Studio	5:00-6:00am BodyPump Nicci A/B Studio	5:30-6:30am Interval Cycling Christine Cycling Studio			
8:30-9:25am BodyVive Lisa A/B Studio	8:30-9:30am BodyPump Rachel A/B Studio	9:00-10:00am Phat Attack Brooke Core Studio	9:00-9:45am TRX BootCamp Jeannie P. Fitness Center	8:15-9:15am Endurance Cycling Jeannie R. Cycling Studio	8:30-9:30am BodyStep Elena A/B Studio	8:15-9:15am Endurance Cycling Jeannie R. Cycling Studio	9:00-10:00am RPM Mary Cycling Studio	8:00-9:00am BodyPump Connie A/B Studio
8:45-9:45am FreeMotion Deb Fitness Center	9:00-10:00am BodyCombat Jessica Core Studio	9:00-10:15am RPM Mary/Nicci Cycling Studio	9:30-10:15am Zumba Gold Bryan A/B Studio	8:45-9:45am FreeMotion Deb Fitness Center	8:30-9:25am RPM w/ Deb Cycling Studio	8:45-9:45am FreeMotion Deb Fitness Center	9:00-10:00am BodyCombat Jessica Core Studio	8:15-9:15am RPM Mary/Nicci Cycling Studio
9:30-10:15am Zumba Gold Bryan Core Studio	9:00-10:00am RPM Mary Cycling Studio	10:00-11:00am BodyStep Cheryl Core Studio	9:45-10:45am Cycle & Strong Brook Cycling Studio	10:15-11:00am G.I.T. Fit Deb Fitness Center	9:45-10:30am TRX w/Deb Fitness Center	10:15-11:00am G.I.T. Fit Deb Fitness Center	10:00-11:00am BodyStep Mary A/B Studio	9:30-10:30am Intense Moves Mary A/B Studio
9:30-10:30am BodyPump Nancy A/B Studio	9:00-9:45am TRX Circuit Jeannie P. Fitness Center	10:25-11:25am BodyPump Mary A/B Studio	10:20-11:20am Zumba Bryan A/B Studio	12:15-1:00pm Lunch Pump Kim A/B Studio	5:00-6:00pm Cycle & Strong Connie Cycling Studio		12:15-1:00pm BodyPump Nicci A/B Studio	10:00-11:00 BootCamp Tina Core Studio
10:30am -11:30am BodyStep Nancy A/B Studio	10:00-11:00am BodyStep Mary A/B Studio	10:30-11:30am BodyFlow Nicci Yoga Studio	12:15-1:00pm BodyStep Mary A/B Studio	4:30-5:15pm Intense Moves Cheryl Core Studio	5:00-6:30pm Holiday Xtreme Fitness Tina/Laura Core Studio		5:00-6:00pm Zumba Bryan A/B Studio	10:30-11:30am Body Combat Nicci A/B Studio
4:30-5:30pm BodyStep Elena/Cheryl A/B Studio			4:30-5:15pm Maxtoning Cheryl A/B Studio	4:30-5:30pm BodyPump Elena A/B Studio	6:15-7:15pm BodyPump w/Kim A/B Studio		5:30-6:30pm RPM Mary Cycling Studio	
5:00-5:45pm Total Buns and Abs Kathy Core Studio	5:00-6:00pm Zumba Bryan A/B Studio		5:30-6:30pm BodyVive Kathy Core Studio	5:30-6:30pm RPM Mary Cycling Studio	6:15-7:15pm Beginner Yoga Karen Z. Yoga Studio	6:30-7:30pm BodyCombat Nicci A/B Studio		
6:00-7:00pm Pilates Kathy Yoga Studio			6:00-7:30pm BodyPump Plus Connie, Kim, Guest A/B Studio	5:30-6:30pm Core Yoga Raelene Yoga Studio	7:30-8:30pm BodyCombat Kim/Nicci A/B Studio	7:30-8:30pm BodyFlow Kim A/B Studio		
6:30-8:00pm BootCamp Tina/Laura A/B Studio			6:45-7:45pm Beginner Pilates Kathy Core Studio	5:30-7:00pm SuperVive Kathy Core Studio	7:30-8:30pm Yoga For Golfers Karen Z. Yoga Studio		<p>RecPlex Terwall Terrace Pleasant Prairie, WI 53158 262-947-0437</p>	