



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 | 9:00-9:45am Max Toning Core Studio: Cheryl | 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 | 9:30-10:30am BodyPump Zone A/B: Sara | 8:45-10:00am BodyStep Plus Zone A/B: Cheryl | 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 | 12:15-1:00pm BodyPump Zone A/B: Elena | 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 | 4:40-5:25pm Strong by Zumba Zone A/B: Bryan | 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 | 5:30-6:30pm Phat Attack Core Studio: Brook | 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: Emily |
|  12:15-1:00pm Circuit Challenge Zone A/B: Pauly | 5:35-6:20pm BodyPump Zone A/B: Lori | 4:30-5:15pm BodyStep Zone A/B: Emily | 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 | 6:20-6:50pm CXWORX Zone A/B: Lori | 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 | 6:45-7:45pm Strong by Zumba Core Studio: Callie | 5:30-6:15pm POUND Core Studio: Diane |  5:30-6:15pm Cycling Cycling Studio: Aly | |
| 5:25-6:20pm Body Combat Core Studio: Jessica | 7:00 - 8:00pm Cycling Strong Cycling Studio: Laura | 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 | |

NOVEMBER 2018

| SATURDAY | SUNDAY |
|---|---|
| 7:15-7:45am GRIT Zone A/B: Michelle | 8:45-9:30am Cycling Cycling Studio: Mathias |
| 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 | |



COMMUNITY WEIGHT LOSS CHALLENGE

9 WEEK PROGRAM
November 5 - January 4
Registration October 22-November 5
FREE t-shirt for all!

110% SUPPORT & MOTIVATION
Free Group Fitness Classes,
Healthy Eating, Workout Suggestions
& Discounted Training

Join our 9 week "Thin It to Win It" community weight loss challenge & receive a full individual RecPlex Membership through January 4!
Initial Weigh-In: November 5 Final Weigh-In: Any day Jan. 2 - Jan. 4

\$15 MEMBERS **\$70** NON-MEMBERS

WIN A FREE MEMBERSHIP!

THE MOST SUCCESSFUL "THIN IT TO WIN IT" PARTICIPANT WILL WIN A FREE 1 YEAR REC PLEX MEMBERSHIP.

*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



ABOUT THE EVENT:

Join us for our fall 5K/10K race through the trails of Pleasant Springs Park. Registration open to all ages!

Registration fee includes a finisher medal along with t-shirt & post-race refreshments!

WHEN: Saturday, November 17th

WHERE: RecPlex Beach Pavilion

TIME: 8:00am (Check-In)
9:00am (Race Starts)

FEES:** \$18 (5k) / \$23 (10k) Thru 10/31
\$20 (5k) / \$25 (10k) Nov. 1-Nov. 11
\$25 (5k)* / \$30 (10k)* Nov. 12-Nov. 16

*Race day registration at same price.
**Online registration ends Nov. 16 at 11am.



*Great for all levels,
beginner-expert!*

ABOUT THE EVENT:

Join us for a 10 min swim, 20 min bike ride & 15 min treadmill run. Scoring is based on total distance.

Advance registration is required. Ages 8+.
Registration fee includes finisher medal, t-shirt and post race refreshments.

WHEN: Sunday, November 18th

WHERE: RecPlex Aqua Arena / Fitness Center

TIME: 7:00am (Check-In)
7:30am (1st Wave Starts)

FEES: \$30 / \$35 Thru 10/31
\$35 / \$40 Nov. 1-Nov. 11
\$40 / 45 Nov. 12-Nov. 17