



GROUP FITNESS

Fall Schedule Aug.5-Nov. 3

Classes held at RecPlex
420 W. Dempster Street

KEY

Live Instructor

FitnessOnDemand™
Virtual Instructor

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
9:00-9:50 AM Power Hour Studio 200 Maria	6:30 AM-End of Video Cardio Kickboxing Studio 201 FOD	6:30 AM-End of Video HIIT Studio 201 FOD	9:00-9:50 AM Power Barre Studio 200 Loree	6:30 AM-End of Video Yoga Studio 201 FOD	
10:00-10:50 AM WERQ Studio 200 Heather	9:00-9:50 AM Tabata Studio 200 Loree	9:00-9:50 AM Spin & Yoga Studio 201 Caroline	10:00-10:50 AM Silver Workout Studio 201 Janelle	9:00-9:50 AM Yoga (All Levels) Studio 200 Janelle	
12:00 PM-End of Video Pilates Studio 201 FOD	10:00-10:50 AM Silver Workout Studio 201 Loree	10:00-10:50 AM 4G Studio 200 Caroline	10:00-10:50 AM Intermediate Yoga Studio 200 Cat	12:00-12:50 PM Boot Camp Studio 201 John	
MONDAY	10:00-10:50 AM Intermediate Yoga Studio 200 Cat	11:00-11:50 AM YOPI Studio 200 Caroline	11:00-11:50 AM Restorative Yoga Studio 200 Cat	5:30 PM-End of Video Strength Studio 201 FOD	
9:00-9:50 AM Balance & Stretch Studio 200 Loree	11:00-11:50 AM Restorative Yoga Studio 200 Cat	12:05 PM-End of Video Yoga/Pilates Studio 201 FOD	12:05 PM-End of Video HIIT Studio 201 FOD	<th>SATURDAY</th>	SATURDAY
10:10-11:00 AM LIIT Studio 200 Kraig	12:05 PM-End of Video HIIT Studio 201 FOD	6:00-6:50 PM Tabata Studio 201 Maria	6:00-6:50 PM Boot Camp Studio 201 Heather		8:00-8:50 AM Core and More Studio 201 Maria
12:05 PM-End of Video Strength Studio 201 FOD	5:30 PM-End of Video Core Studio 201 FOD	7:15-8:00 PM Walk Live Studio 201 Cheri			9:00-9:50 AM Zumba Studio 200 Cheri
6:00-6:50 PM Boot Camp Studio 201 Heather	6:00-6:50 PM Yoga (All Levels) Studio 200 Janelle				10:00 AM-End of Video Barre Studio 201 FOD
7:00-7:50 PM Mat Pilates Studio 201 Loree	6:00 PM-End of Video HIIT Studio 201 FOD				
	7:00-7:50 PM WERQ Studio 200 Kim				

For a list of class descriptions visit:
mppd.org/athletics-fitness/group-fitness



- Please wipe down your equipment after use.
- Please bring your own mat. Mats are available for purchase at the RecPlex front desk.

All In Monthly Membership
Resident \$55 Non-Resident \$65



Your **All In** Membership includes access to the full schedule of Group Fitness classes and FitnessOnDemand™ at home, as well as two fitness centers, lap swim, open gym and an indoor track.

Don't have an All In Membership? Consider these Options:

Group Fitness 10-Pack Member \$70 Non-Member \$90
Expires 3 months after purchase

FitnessOnDemand™ At Home Monthly Membership
Recurring Member \$5 Non-Member \$10

Single Class Fee \$10



To access FitnessOnDemand™ classes on your home device you must first set up an account by calling or stopping by RecPlex or Central Community Center