

RPGx CLASS SCHEDULE

Fee-based classes, Included with VIP/Preferred



Classes are for all levels unless noted; *Beginner / **Advanced

MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div><div>\$Gentle Yoga</div><div>9:15-10:15a</div><div>Elaine</div><div></div></div>	<div><div>\$Freemotion</div><div>8:30-9:30a</div><div>Deb</div><div></div></div>	<div><div>\$TRX**</div><div>5:00-5:45a</div><div>Nicci</div><div></div></div>	<div><div>\$All Levels Yoga Flow</div><div>7:30-8:30a</div><div>Natalie</div><div></div></div>	<div><div>\$Gentle Yoga</div><div>6:00-7:00a</div><div>Kim</div><div></div></div>	<div><div>\$Amplified Flow Yoga</div><div>8:00-9:15a</div><div>John</div><div></div></div>	<div><div>\$TRX**</div><div>7:45-8:30a</div><div>Jeannie</div><div></div></div>
<div><div>\$TRX**</div><div>9:45-10:45a</div><div>Deb</div><div></div></div>	<div><div>\$Women on Weights*</div><div>9:00-10:00a</div><div>Karen</div><div></div></div>	<div><div>\$Women on Weights*</div><div>7:00-8:00a</div><div>Karen</div><div></div></div>	<div><div>\$Freemotion</div><div>8:30-9:30a</div><div>Deb</div><div></div></div>	<div><div>\$Women on Weights*</div><div>7:00-8:00a</div><div>Karen</div><div></div></div>	<div><div>\$TRX Pilates</div><div>9:15-10:00a</div><div>Diane</div><div></div></div>	<div><div>\$Pilates</div><div>8:00-9:00a</div><div>Jenny</div><div></div></div>
<div><div>Pop Pilates</div><div>6:00-7:00p</div><div>Tiffani</div><div></div></div>	<div><div>\$Barre</div><div>9:35-10:15a</div><div>Sandy</div><div></div></div>	<div><div>\$Martial Arts Fitness</div><div>8:15-9:00a</div><div>Iyan</div><div></div></div>	<div><div>\$Women on Weights</div><div>9:00-10:00a</div><div>Karen</div><div></div></div>	<div><div>\$All Levels Yoga Flow</div><div>8:00-9:00a</div><div>Kim</div><div></div></div>		
<div><div>\$Freemotion</div><div>6:15-7:00p</div><div>Jeannie</div><div></div></div>	<div><div>\$G.I.T. Fit</div><div>10:00-11:00a</div><div>Deb</div><div></div></div>	<div><div>\$H2O Interval</div><div>8:15-9:15a</div><div>Karen</div><div></div></div>	<div><div>\$G.I.T. Fit</div><div>10:00-11:00a</div><div>Deb</div><div></div></div>	<div><div>\$H2O Interval</div><div>8:15-9:15a</div><div>Karen</div><div></div></div>		
<div><div>\$Restorative Yoga</div><div>7:15-8:15p</div><div>Tammi</div><div></div></div>	<div><div>\$Deep Water Trek</div><div>10:40-11:40a</div><div>Karen</div><div></div></div>	<div><div>\$Pilates</div><div>8:15-9:15a</div><div>Chris</div><div></div></div>	<div><div>Pop Pilates</div><div>10:15-11:15a</div><div>Tiffani</div><div></div></div>			
	<div><div>\$Yoga</div><div>5:30-6:30p</div><div>Michelle</div><div></div></div>	<div><div>\$TRX**</div><div>9:45-10:45a</div><div>Deb</div><div></div></div>	<div><div>\$Deep Water Trek</div><div>10:40-11:40a</div><div>Karen</div><div></div></div>			
		<div><div>\$Core Strength Yoga</div><div>5:30-6:30p</div><div>Jenny</div><div></div></div>	<div><div>\$All Levels Flow Yoga</div><div>5:00-6:00p</div><div>Kim</div><div></div></div>			
		<div><div>\$Yin Yoga</div><div>6:45-7:45p</div><div>Jessica</div><div></div></div>	<div><div>\$Water in Motion</div><div>6:15-7:15p</div><div>Bryan</div><div></div></div>			

FEES

Trainer-Led & Mind-Body
Included with Preferred/VIP Level
Class Pack: 5 for \$50 / 10 for \$80

Aqua Fitness
Water in Motion: 2/29-4/18 \$38/\$72
H2O Interval: 2/28-4/19 \$38/\$72
Deep Water Trekking: 2/27-4/18 \$38/\$72

Pop Pilates is FREE for the month of March.
Class will be first come first serve.

UPGRADE TO PREFERRED

Get all of these classes for only:
\$50 / \$20 / \$10 each month
(1st Member / 2nd Member / 3rd+ Member)

Preferred Membership Includes:
All Fee-Based Classes, Virtual Cycling,
Unlimited Tanning, Free Skate Rentals,
One Free Parking Pass & more!
(3 month committment)

LOCATION

Fitness Center
Limit 8-14

Yoga-Pilates Studio
Limit 15

Prairie Studio
Limit 8

Core Studio
Limit 20-30

Training Turf
Limit 8

Aqua Arena
Limit 18

Indoor Waterpark
Limit 20-25

YOUTH CLASS SCHEDULE

TUESDAY	WEDNESDAY	YOUTH CLASS FEES
<div><div>\$Yoga*</div><div>4:30-5:15p</div><div>Michelle</div><div></div><div>AGES 8-13</div></div>	<div><div>\$Youth Strength Blitz**</div><div>6:00-7:00p</div><div>Josh</div><div></div><div>AGES 8-13</div></div>	<div><div>* Member \$20 / Non-Member \$30</div><div>**Member \$65 / Non-Member \$90</div><div>for the month (4 sessions)</div></div>

Schedules are subject to change.