# RPGx CLASS SCHEDULE

Fee-based classes, Included with VIP/Preferred

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





### **MONDAY**

## TUESDAY

# WEDNESDAY

## **THURSDAY**

### **FRIDAY**

# **SATURDAY**

\$Amplified Flow Yoga

### **SUNDAY**

 $(\mathbb{G}_{0})$ 

\$Gentle Yoga 9:15-10:15a Elaine



\$Freemotion 8:30-9:30a Deb



**\$TRX\*\*** 5:00-5:45a Nicci



\$All Levels Yoga Flow (1) 7:30-8:30a Natalie

\$Women on Weights

Kim

\$Gentle Yoga (1) 6:00-7:00a

\$Women on Weights\*

7:00-8:00a

(1) 8:00-9:15a John \$TRX Pilates

Diane

9:15-10:00a

\$Pilates 8:00-9:00a Jenny

**\$TRX\*\*** 

Jeannie

7:45-8:30a

**\$TRX\*\*** 

9:45-10:45a Deb

Pop Pilates

6:00-7:00p

Tiffani

Tammi



0

\$Women on Weights\* 9:00-10:00a Karen



\$Women on Weights\* 7:00-8:00a Karen

\$Martial Arts Fitness



\$Freemotion 8:30-9:30a Deb

9:00-10:00a

Karen



Karen

\$All Levels Yoga Flow 8:00-9:00a Kim

\$Freemotion 6:15-7:00p Jeannie



\$G.I.T. Fit 10:00-11:00a Deb

9:35-10:15a

\$Barre

Sandy



03

\$H2O Interval 8:15-9:15a Karen

8:15-9:00a

Iyan



**e** 

\$G.I.T. Fit 10:00-11:00a Deb



\$H2O Interval 8:15-9:15a Karen



\$Restorative Yoga 0 7:15-8:15p

\$Deep Water Trek 10:40-11:40a 🙈 Karen

\$Pilates 8:15-9:15a Chris



Pop Pilates 10:15-11:15a Tiffani



\$Yoga 5:30-6:30p Michelle



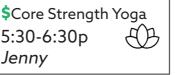
\$TRX\*\* 9:45-10:45a Deb

5:30-6:30p

Jenny



\$Deep Water Trek 10:40-11:40a 🙈 Karen



5:00-6:00p Kim

\$Yin Yoga 6:45-7:45p Jessica



**\$**Water in Motion 6:15-7:15p Bryan

\$All Levels Flow Yoga

# **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)

# YOUTH CLASS SCHEDULE

**TUESDAY** 

WEDNESDAY

YOUTH CLASS FEES

\* Member \$20 / Non-Member \$30 \*\*Member \$65 / Non-Member \$90 for the month (4 sessions)

# **LOCATION**



0 Yoga-Pilates Studio Limit 8-14 Limit 15



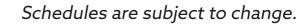
Prairie Studio Limit 8





**2** Aqua Arena Limit 18

Indoor Waterpark Limit 20-25





Josh

Strength Blitz\*\* 6:00-7:00p AGES 8-13