

RPGx CLASS SCHEDULE

Fee-based classes, Included with VIP/Preferred



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

FEBRUARY 2025

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

FEES

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

Aqua Fitness (Winter 1)
H2O Interval 1/7-2/28 \$38/\$72 (Mondays, Wednesdays)
Deep Water Trekking: 1/7-2/28 \$38/\$72 (Tuesdays/Thursdays)

Aqua Fitness (Winter 2)
H2O Interval 3/4-4/25 \$38/\$72 (Mondays, Wednesdays)
Deep Water Trekking: 3/4-4/25 \$38/\$72 (Tuesdays/Thursdays)

Scan the QR code to read our class descriptions!

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

MONDAY	WEDNESDAY	THURSDAY	FEES
<p>\$ Strength Blitz 4:00-5:00p AJ</p> <p>AGES 8-13</p>	<p>\$ Strength Blitz 4:00-5:00p AJ</p> <p>AGES 8-13</p>	<p>\$ Kids Yoga 4:15-5:00p Kim</p> <p>AGES 8-13</p>	<p>Member \$20 Non-Member \$30</p> <p>4 sessions</p>

LOCATION

 Fitness Center Limit 8-14	 Yoga-Pilates Studio Limit 15	 Prairie Studio Limit 8	 Indoor Waterpark Limit 20-25
 Training Turf Limit 8	 Aqua Arena Limit 18	 Outside Weather Permitting Limit 20-30	

Schedules are subject to change.