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

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



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



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



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



\$Amplified Flow Yoga 8:00-9:15a (1) John

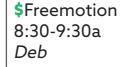
\$TRX** 7:45-8:30a Jeannie

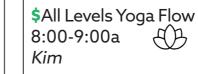
\$Power Barre 5:00-6:00p Diane



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







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

03

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



\$Barre 9:35-10:15a Sandy



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



\$Women on Weights 9:00-10:00a Laura



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



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

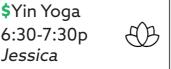


Deb \$Deep Water Trek

10:00-11:00a

\$G.I.T. Fit

Laura



\$All Levels Flow Yoga 5:00-6:00p Kim

10:30-11:30a 🙈

\$Deep Water Trek 10:30-11:30a 🙈 Laura

\$Restorative Yoga 5:15-6:15p Tammi

Scan the QR code to read our class descriptions!



YOUTH CLASS SCHEDULE

MONDAY

WEDNESDAY

THURSDAY

FEES

\$ Strength Blitz \$ Strength Blitz 4:00-5:00p 4:00-5:00p

\$ Kids Yoga 4:15-5:00p Kim



Member \$20 Non-Member \$30

4 sessions

FEES

Trainer-Led & Mind-Body

Included with Preferred/VIP Level Class Pack: 5 for \$50 / 10 for \$80

Aqua Fitness (Winter 1)

H20 Interval 1/7-2/28 \$38/\$72 (Mondays, Wednesdays) Deep Water Trekking: 1/7-2/28 \$38/\$72 (Tuesdays/Thursdays)

Aqua Fitness (Winter 2)

H20 Interval 3/4-4/25 \$38/\$72 (Mondays, Wednesdays) Deep Water Trekking: 3/4-4/25 \$38/\$72 (Tuesdays/Thursdays)

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



Limit 8-14

0 Yoga-Pilates Studio Limit 15



Indoor Waterpark Limit 20-25





