

# THE REC 2025 FALL GROUP FITNESS SCHEDULE

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	*SATURDAY
9am-9:30am	Aquatics	Aqua Aerobics - Cindy		Aqua Aerobics - Cindy		Aqua Aerobics - Cindy	
10am-10:30am	GX2						HIIT - Troy
11am-12pm	GX1		Performance Pilates - Mark				*Class occurs every other week.
11am-12pm	GX2	Stretch & Regen - Troy	HIIT - Troy	Stretch & Regen - Troy	HIIT - Troy		
2pm-3pm	Gym/GX1		Salute to Vets - Geff		Salute to Vets - Geff		
5pm-6pm	Gym/GX2	Open Box/Kick - Troy*		Open Spin - Troy*			
5:30pm-6:30pm	GX1		Youth Dance - Sarah		Youth Dance - Sarah		
5:30pm-6:30pm	GX2		Greatest HIITs - Troy		HIIT & Run - Troy		
6:30pm-7pm	GX1		Dance Fusion - Sarah		Dance Fusion - Sarah		
6pm-8pm	Aquatics		Night Swim - Brendan		Night Swim - Brendan		

Power Plate Pro 7\*

BEGINNER (30 min)

INTERMEDIATE (45 min)

ADVANCE (60 min)

**FREE**

Single Pass = \$5

Monthly Pass = \$25

Single Pass = \$10

Monthly Pass = 50