

# Richard A. Carlucci Recreation and Aquatic Center

1st Quarter Aerobics Schedule (January 6th, 2020 - March 22nd, 2020)

## New/Returning Classes!

CYCLING

### Morning Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 6:45am Jessica	6:00 - 6:45am Huck	5:35 - 6:25am Megan J.	6:00 - 6:45am Jessica	6:00 - 6:45am Henry	6:30 - 8:00am Endurance	12:30 - 1:15pm Paul
9:00 - 9:45am HIIT Melanie	9:00 - 9:45am Amber		9:00 - 9:45am Amber	9:00 - 9:45am Meggan	Cycling Huck Start	
					8:30 - 9:15am Henry	
					9:30 - 10:30am Amber	

### Evening Classes

5:30 - 6:15pm Huck	6:30 - 7:15pm Jessica	5:30 - 6:15pm Henry	6:30 - 7:15pm Guess Who!
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GROUP AEROBICS

### Morning Classes

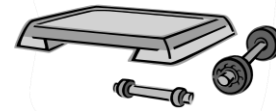
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 9:45am PiYo Tára	5:35 - 6:20am Transform Live Meggan	5:35 - 6:20am Yoga Tára	5:35 - 6:25am p90x Meggan	5:35 - 6:25am Sunrise Strength Meggan	8:30 - 9:15am Yoga Carrie	12:30 - 1:30pm Power Yoga Melanie
9:00 - 9:45am Healthways Boom (Rm 121/122) Amber	9:00 - 9:45am Yoga (Rm 121/122) Carrie	9:00 - 9:45am Yoga (Rm 121/122) Tára	8:30 - 9:15am PiYo (Court 3 - Gym) Tára	9:00 - 9:45am Butts & Guts! Amber	9:30 - 10:15am Insanity Katy	1:45 - 2:30pm Family Yoga Room 121/122 Melanie
10:00 - 10:45am Total Body Toning Tára	9:00 - 9:45am Cardio Toning & Strength Melanie	9:00 - 9:45am HIIT Amber	9:00 - 9:45am Cardio Toning & Strength Melanie	9:00 - 9:45am Yoga (Rm 121/122) Melanie	10:30 - 11:15am Golf Conditioning Brad	
10:00 - 10:45am Silver Sneakers Yoga (Rm 121/122) Sara	10:00 - 10:45am Pilates Carrie	10:00 - 10:45am Total Body Toning Amber	9:00 - 9:45am Pilates (Rm 121/122) Jessica	10:00 - 11:00am Power Hour Jessica		
11:00 - 11:45am Silver Sneakers Circuit Tára	10:00 - 10:45am Silver Sneakers Cardio (Rm 121/122) Melanie	10:00 - 10:45am Silver Sneakers Yoga (Rm 121/122) Tára	10:00 - 10:45am Everything But the Barre (Rm 121/122) Jessica	10:00 - 10:45am Silver Sneakers Cardio (Rm 121/122) Melanie		
12:00 - 12:45pm Silver Sneakers Stability Linda	11:00 - 11:45am Silver Sneakers Classic Linda	11:00 - 11:45am Silver Sneakers Circuit Tára	10:00 - 10:45am Silver Sneakers Circuit Tára	11:00 - 11:45am Silver Sneakers Classic Amber		
		11:00 - 11:45am Beginner Pilates Room 121/122 Fran	11:00 - 11:45am Silver Sneakers Classic Linda	11:00 - 11:45am Silver Sneakers Yoga (Rm 121/122) Melanie		
		12:00 - 12:45pm Silver Sneakers Stability Linda	11:00 - 11:45am Healthways Boom (Gym - Court 3) Tára			



All classes will be held in the Aerobics Room upstairs unless stated otherwise.

### Evening Classes

Monday	Tuesday	Wednesday	Thursday
4:30 - 5:15pm Pilates Jessica	5:30 - 6:15pm Zumba Jessica	4:30 - 5:15pm Everything But the Barre Jessica	4:45 - 5:15pm Transform Live Meggan
5:30 - 6:15pm Cardio Toning Jessica	6:30 - 7:15pm Pilates Amber	5:30 - 6:15pm Insanity Katy	5:30 - 6:15pm Total Body Toning Amber
6:30 - 7:15pm p90x Meggan		6:30 - 7:15pm Yoga Jennifer A.	6:30 - 7:15pm Zumba Jessica
7:30 - 8:15pm Yoga Stretch Meggan			



Effective January 6th

WATER AEROBICS

### Morning Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:05 - 9:00am Aqua-X Molly	8:05 - 9:00am Aqua-X Molly	8:05 - 9:00am Aqua-X Molly	8:05 - 9:00am Aqua-X Molly	8:05 - 9:00am Aqua-X Judy	8:05 - 9:00am Aqua-X Judy
9:05 - 10:00am Aqua-X Judy	9:05 - 10:00am Aqua X Judy	9:05 - 10:00am Aqua X Sara	9:05 - 10:00am Aqua X Judy	9:05 - 10:00am Aqua X Sara	
10:05 - 11:00am Aqua X Judy	10:05 - 11:00am Aqua-X Judy	10:05 - 11:00am Aqua X Judy	10:05 - 11:00am Aqua-X Judy	10:05 - 11:00am Aqua X Judy	
11:05 - 12:00pm Aqua X Judy		11:05 - 12:00pm Aqua X Judy		11:05 - 12:00pm Aqua X Judy	



### Evening Classes

	6:00 - 7:00 PM Aqua-X Judy		6:00 - 7:00 PM Aqua-X Judy
	7:00 - 8:00pm Aqua-X Judy		7:00 - 8:00pm Aqua-X Judy

89 Group Fitness Classes per week!