



Richard A. Carlucci Recreation and Aquatic Center
Aerobics Schedule (October 3rd through December 18th)



CYCLING							
Morning Classes (Cycling Studio)							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:35 - 6:25am Jessica	6:00 - 6:45am Huck	5:35 - 6:25am Huck	9:00 - 9:45am Amber N.	9:00 - 9:45am Meggan	7:00 - 8:00am Endurance Cycling Huck		
9:00 - 9:45am Melanie	9:00 - 9:45am Amber N.				8:30 - 9:15am Total Body Cycling Henry		
Evening Classes (Cycling Studio)							
5:30 - 6:15pm Huck		5:30 - 6:15pm Total Body Cycling Henry					

Silver Sneakers (Court 3)							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:00 - 9:45am Boom Amber N.	10:00 - 10:45am Silver Sneakers Cardio Melanie	10:00 - 10:45am Silver Sneakers Yoga Tara	9:00 - 9:45am Silver Sneakers Stability Sara	10:00 - 10:45am Silver Sneakers Cardio Melanie			
10:00 - 10:45am Silver Sneakers Yoga Rm. 121/122 Sara	11:00 - 11:45am Silver Sneakers Classic Amber N.	11:00 - 11:45am Silver Sneakers Stability Amber N.	10:00 - 10:45am Silver Sneakers Circuit Mona	11:00 - 11:45am Silver Sneakers Yoga Melanie			
11:00 - 11:45am Silver Sneakers Circuit Tara		11:00 - 11:45am Zumba Gold Aerobics Room Mona	11:00 - 11:45am Silver Sneakers Classic Amber N.				

GROUP AEROBICS							
Morning Classes (Aerobics Room)							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:35 - 6:25am Full Body Toning Myka	5:35 - 6:25am Total Body Toning Jessica	9:00 - 9:45am HIIT Rm. 121/122 Amber N.	5:35 - 6:25am Circuit Training Myka	5:35 - 6:20am Stretch & Sculpt Jessica	8:30 - 9:15am Yoga Carrie		
9:00 - 9:45am SOULfusion Tara	9:00 - 9:45am Cardio Toning Rm. 121/122 Melanie	9:00 - 9:45am Yoga Tara	9:00 - 9:45am Cardio Toning Rm. 121/122 Melanie	9:00 - 9:45am Rocket Inspired Yoga Melanie	9:30 - 10:15am In the Zone Carrie		
10:00 - 10:45am Total Body Toning Tara	9:00 - 9:45am Yoga Carrie	10:00 - 10:45am Total Body Toning Amber N.	9:00 - 9:45am SOULfusion Mona	10:00 - 10:45am Butts & Guts Amber N.			
11:00 - 11:45am Zumba Amber W.	10:00 - 10:45am Pilates Carrie		10:00 - 10:45am Pilates Amber N.				Effective October 3
Evening Classes (Aerobics Room)							
5:30 - 6:15pm Pump Up the Cardio Myka	4:30 - 5:15pm Zumba Amber W.	4:30 - 5:15pm Everything but the Barre Jessica	4:30 - 5:15pm Strong Nation Amber W.	5:00 - 5:45pm Pump Up the Cardio Myka			
6:30 - 7:15pm Strength & Sweat Myka	5:30 - 6:15pm Pilates Amber N.	5:30 - 6:15pm Full Body Toning Myka	5:30 - 6:15pm Boxing Strength Meggan				<i>Please bring your own aerobic equipment. Only a limited amount of weights will be provided by Plainfield Parks.</i>
7:30 - 8:15pm Zumba Mary	6:30 - 7:15pm Circuit Training Myka	6:30 - 7:15pm Yoga Jennifer A.	6:30 - 7:15pm Stretch & Mobility Meggan				

WATER AEROBICS							
Morning Classes (Indoor Splash Island)							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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			
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 Arthritis Aqua X Jennifer S.	10:05 - 11:00am Aqua X Judy	10:05 - 11:00am Arthritis Aqua X Jennifer S.	10:05 - 11:00am Aqua X Judy	10:05 - 11:00am Arthritis Aqua X Jennifer S.			
Evening Classes (Indoor Splash Island)							
	6:00 - 7:00pm Aqua-X Judy		6:00 - 7:00pm Aqua-X Judy				