

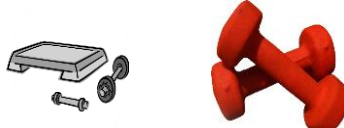


Richard A. Carlucci Recreation and Aquatic Center
Aerobics Schedule (May 29th through August 20th)



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

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

Morning Classes (Aerobics Room)						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 9:45am SOULfusion Tara	5:35 - 6:25am Total Body Toning Jessica	9:00 - 9:45am HIIT Rm. 121/122 Amber N.	9:00 - 9:45am Cardio Toning Rm. 121/122 Melanie	5:35 - 6:20am Stretch & Sculpt Jessica	8:30 - 9:15am Yoga Carrie	
10:00 - 10:45am Total Body Toning Tara	9:00 - 9:45am Cardio Toning Rm. 121/122 Melanie	9:00 - 9:45am Yoga Tara	9:00 - 9:45am SOULfusion Mona	9:00 - 9:45am Rocket Inspired Yoga Melanie	9:30 - 10:15am In the Zone (Kickboxing) Carrie	
	9:00 - 9:45am Yoga Carrie	10:00 - 10:45am Total Body Toning Court 2 Amber N.	10:00 - 10:45am Pilates Amber N.	10:00 - 10:45am Butts & Guts Amber N.		
	10:00 - 10:45am Pilates Carrie					
						Effective May 29th
Evening Classes (Aerobics Room)						
Monday	Tuesday	Wednesday	Thursday	Friday		
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	5:30 - 6:15pm Zumba Amber W.			
6:30 - 7:15pm Strength & Sweat Myka	5:30 - 6:15pm Pilates Amber N.	5:30 - 6:15pm Full Body Toning Myka	6:30 - 7:15pm Stretch & Mobility Meggan			
				 <p><i>Please bring your own aerobic equipment. Only a limited amount of weights will be provided by Plainfield Parks.</i></p>		

Morning Classes (Indoor Splash Island)					
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	
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 Gail	10:05 - 11:00am Aqua X Judy	10:05 - 11:00am Arthritis Aqua-X Gail	10:05 - 11:00am Aqua X Judy	10:05 - 11:00am Arthritis Aqua-X Gail	
Evening Classes (Indoor Splash Island)					
	6:00 - 7:00pm Aqua-X Judy		6:00 - 7:00pm Aqua-X Judy		