

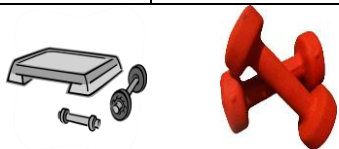


**Richard A. Carlucci Recreation and Aquatic Center**  
**Aerobics Schedule (July 31st through October 1st)**



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		8:30 - 9:15am Total Body Cycling Henry	
			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 (Court 3 or otherwise listed)						
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	10:00 - 10:45am Silver Sneakers Stability Room 121/122 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 Silver Sneakers Classic Amber N.	11:00 - 11:45am Zumba Gold Aerobics Room Mona		

Morning Classes (Aerobics Room or 121/122)						
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	Total Body Toning 9:00 - 9:45am Rm. 121/122 Mona	9:30 - 10:15am In the Zone (Kickboxing) Carrie	
	9:00 - 9:45am Yoga Carrie	10:00 - 10:45am Total Body Toning Amber N.	10:00 - 10:45am Pilates Amber N.	9:00 - 9:45am Rocket Inspired Yoga Melanie		
	10:00 - 10:45am Pilates Carrie	11:00 - 11:45am Cardio Drumming Begin Aug. 30th Tara/Mona		10:00 - 10:45am Butts & Guts Amber N.	Effective July 31st	
				10:00 - 10:45am Circl Mobility Rm. 121/122 Mona		
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 Yoga Melanie			
				<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	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 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			