



Richard A. Carlucci Recreation and Aquatic Center

Aerobics Schedule (January 2nd through March 31st)



CYCLING	Morning Classes (Cycling Studio)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:35 - 6:25am Jessica	5:35 - 6:25am Paul 9:00 - 9:45am Amber N.	5:35 - 6:25am Huck	5:35 - 6:25am Paul 9:00 - 9:45am Amber N.	5:35 - 6:25am Carrie M. 9:00 - 9:45am Huck	7:00 - 8:00am Endurance Cycling Huck 8:30 - 9:15am Total Body Cycling Henry	12:30 - 1:15pm Paul
Evening Classes (Cycling Studio)							
5:30 - 6:15pm Huck		5:30 - 6:15pm Total Body Cycling Henry	5:30 - 6:15pm Carrie M.				

Silver Sneakers	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	9:00 - 9:45am Silver Sneakers Circuit Sara	9:00 - 9:45am Silver Sneakers Stability Sara	9:00 - 9:45am Silver Sneakers Classic Sara		
	10:00 - 10:45am Silver Sneakers Yoga Sara	11:00 - 11:45am Silver Sneakers Classic Amber N.	10:00 - 10:45am Silver Sneakers Yoga Sara/Melanie	10:00 - 10:45am Silver Sneakers Circuit Mona	10:00 - 10:45am Silver Sneakers Cardio Melanie		
11:00 - 11:45am Silver Sneakers Circuit Mona/Amber		11:00 - 11:45am Silver Sneakers Stability Amber N.	11:00 - 11:45am Silver Sneakers Classic Amber N.	11:00 - 11:45am Silver Sneakers Yoga Melanie			
				11:00 - 11:45am Zumba Gold Aerobics Room Mona			

GROUP AEROBICS	Morning Classes (Aerobics Room or otherwise listed)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00 - 9:45am SOULfusion Mona/Video	5:35 - 6:25am Total Body Toning Jessica	9:00 - 9:45am HIIT Rm. 121/122 Amber N.	5:35 - 6:25am Total Body Toning Jessica	5:35 - 6:20am Stretch & Sculpt Jessica	8:30 - 9:15am Yoga Carrie K.	
	10:00 - 10:45am Total Body Toning Mona/Meggan	9:00 - 9:45am Cardio Strength Room 139 Melanie	9:00 - 9:45am Yoga Carrie/Melanie	9:00 - 9:45am Cardio Strength Room 139 Melanie	Total Body Toning 9:00 - 9:45am Rm. 121/122 Mona	9:30 - 10:15am In the Zone (Kickboxing) Carrie K.	
		9:00 - 9:45am Yoga Carrie K.	10:00 - 10:45am Total Body Toning Amber N.	9:00 - 9:45am SOULfusion Mona	9:00 - 9:45am Power Yoga Melanie	10:30 - 11:15am Golf Conditioning Brad	
		10:00 - 10:45am Pilates Carrie K.		10:00 - 10:45am Pilates Amber N.	10:00 - 10:45am Butts & Guts Amber N.	11:30 - 12:15am Hip Hop Step Hannah	
				11:00 - 11:45am Cardio Drumming Begins 2/1 Mona	10:00 - 10:45am Circl Mobility Rm. 121/122 Mona		
						Effective January 2nd	
	Evening Classes (Aerobics Room)						
	5:30 - 6:15pm Step It Up! Myka	4:30 - 5:15pm Zumba Emily	4:30 - 5:15pm Everything but the Barre Jessica	4:30 - 5:15pm Low-N-Tone Myka	4:30 - 5:15pm Step It Up! Myka		
6:30 - 7:15pm Curls & Crunches Myka	5:30 - 6:15pm Pilates Amber N.	5:30 - 6:15pm Curls & Crunches Myka	5:30 - 6:15pm Zumba Emily	6:30 - 7:15pm Hip Hop Step Rm. 121/122 Hannah	<i>Please bring your own aerobic equipment. Only a limited amount of weights will be provided by Plainfield Parks.</i>		
6:30 - 7:15pm Hip Hop Step Rm. 121/122 Hannah	6:30 - 7:15pm Low-N-Tone Myka	6:30 - 7:15pm Pound Emily	6:30 - 7:15pm All-Levels Yoga Melanie				
7:30 - 8:15pm Zumba Amber W.	7:30 - 8:15pm Hip Hop Step Hannah						

WATER AEROBICS	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 TBD	9:05 - 10:00am Aqua X Judy	9:05 - 10:00am Aqua X TBD	
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			