# Group Exercise Schedule: February

Updated JANUARY 27, 2020

![Group Exercise Schedule](https://example.com/group-exercise-schedule)

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**MONDAY**

**MORNING MOTIVATORS**
- Indoor Cycling (AP) 6 am ❉ Laurel
- BodyPump™ (AP) 6 am ❉ India
- Cardio Strength (AA) 7:15 am ❉ Rachell
- Aquajog* (AP) 7 am ❉ Sheryl
- Dance (A) 8:30 am ❉ Becky F.
- Total Body Workout (AP) 8:15 am ❉ Staff
- Indoor Cycling (AP) 8:30 am ❀ Jim G.
- $ Aquajoints (AP) 9 am ❉ Essie $10 / $5 M
- Pilates BOSU®, Balls & Balance (A) 9:45 am ❉ Staff
- Pilates Barre Fusion (I/A) 9:45 am ❉ Heidi
- Vinyasa Yoga (AP) 10:45 am ❉ Anne
- Zumba (AP) 10:45 am ❉ Lindsay $10 NM
- $ Fit Joints Plus* (AP) 10:45 am ❉ Nikki $10 / $5 M
- SilverSneakers Yoga (AA) 11:45 am ❉ Staff

**TUESDAY**

**MORNING MOTIVATORS**
- $ Boot Camp (I) 6 am ❉ Javan $15 / $10 M
- Hip Hop Cycle (AP) 6 am ❉ April
- $ Classical Ballet (A) 9–10:30 am ❉ Ellen $25 Drop In
- Pilates Barre Fusion (I/A) 9 am ❉ Anne
- SilverSneakers Classic (AA) 11 am ❉ Jim
- Lifting Lab (AP) 12:15 pm ❉ Cara
- $ Rock Steady Boxing Noon ❉ Emily Levels 3, 4** $10 NM
- SilverSneakers Yoga (AA) 11 am ❉ Jim G

**WEDNESDAY**

**MORNING MOTIVATORS**
- Express Cycle (AP) 6 am ❉ Carolyn
- BodyPump™ (AP) 6 am ❉ India
- Cardio Strength (AP) 7:15 am ❉ Rachell
- Aquajog* (AP) 7 am ❉ Sheryl
- Yoga for Energy (AP) 9 am ❉ Ashley
- Pilates Barre Fusion (I/A) 9 am ❉ Heidi
- $ Aquajoints (AP) 9 am ❉ Essie $10 / $5 M
- $ Aquajoints (AP) 10 am ❉ Becky $10 / $5 M
- Pilates Core & More (I) 10:30 am ❉ Susan
- SilverSneakers Cardio Line Dance 11:45 am ❉ Jim

**THURSDAY**

**MORNING MOTIVATORS**
- $ HIIT Class (AP) 6 am ❉ Javan $15 / $10 M
- Hip Hop Cycle (AP) 6 am ❉ April
- $ Aquajoints (AP) 8:30 am ❉ Eunice/Essie $10 / $5 M
- $ Aquajoints (AP) 9 am ❉ Tom
- Cycle, Core & More 8:45 am ❉ Carolyn
- SilverSneakers Boom (AA) 9:45 am ❉ Jim
- Piloxing (AP) 9:30 am ❉ Anne
- $ Aquajoints (AP) 10 am ❉ Becky $10 / $5 M
- Yoga for Energy (AP) 10:45 am ❉ Ashley
- SilverSneakers Cardio (AA) 11 am ❉ Jim G
- $ Fit Joints Plus* (AP) 1 pm ❉ Nikki $10 / $5 M
- SilverSneakers Cardio (AA) 11 am ❉ Jim G
- Adult Swim 2–3 pm ❆
- SilverSneakers Yoga (AA) 3 pm ❉ Kay Levels 1, 2** $10 NM
- SilverSneakers Yoga (AA) 3 pm ❉ Staff
- SilverSneakers Yoga (AA) 3 pm ❉ Kay Levels 1, 2** $10 NM

**FRIDAY**

**MORNING MOTIVATORS**
- Indoor Cycling (AP) 6 am ❉ Laurel
- $ Rock Steady Boxing 3:30 pm ❆ Jo Levels 3 & 4** $10 NM
- Pilates Basics (AP) 8 am ❇ Ginger
- SilverSneakers Yoga (AA) 1:15 pm ❉ Staff
- SilverSneakers Yoga (AA) 1:15 pm ❉ Staff
- SilverSneakers Yoga (AA) 3 pm ❉ Kay Levels 1, 2** $10 NM
- SilverSneakers Yoga (AA) 3 pm ❉ Kay Levels 1, 2** $10 NM
- SilverSneakers Yoga (AA) 3 pm ❉ Staff

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**JCC APP**
- JCCindy.org/indy-j-app

**ALERTS FOR STUDIO CLASSES**
- Text “@jccGrpX” to “81010”. Answer “S” to confirm.

**AQUATICS ALERTS**
- Text “@jccAquA” to “81010”. Answer “S” to the confirmation text.

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**Key**

- **Aquatics**
- **Cardio**
- **Dance**
- **Strength**
- **Active Seniors**
- **Mind/Body**

<table>
<thead>
<tr>
<th>(A)</th>
<th>(AA)</th>
<th>(B)</th>
<th>(B/I)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advanced</td>
<td>Active Adult</td>
<td>Beginner</td>
<td>Intermediate</td>
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</tbody>
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**Punch Cards**

- **AquaJoints/fitJoints Plus**
  - 10 punches: $80 / $40 M
- **Specialty Yoga**
  - 10 punches: $120 / $80 M
- **Zumba**
  - FREE for members
- **Classical Ballet**
  - 5 punches: $100 / $50 M
- **Tap/Chicago Steppin’**
  - 5 punches: $54 / $45 M

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**Evening and Weekend classes on other side**
GROUP EXERCISE SCHEDULE: FEBRUARY

Schedule subject to change without notice. Please note that classes occur pending instructor ability to arrive during inclement weather.

Updated JANUARY 27, 2020

**A** = Advanced
**AA** = Active Adult
**AP** = All levels
**B** = Beginner
**I** = Intermediate

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**MONDAY**

- **MORNING ACTIVATORS**
  - Jump Rope Express (AP) 5 pm  
  - Adult Swim* 5–6 pm

- **AQUATICS**
  - Aqua Pilates (AP) 5:30 pm  
  - Power Yoga (AP) 6 pm

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**TUESDAY**

- **MORNING ACTIVATORS**
  - Express Cycle, 45 min (AP) 5:30 pm  
  - Slow Flow Vinyasa Yoga (AP) 6:45 pm

- **AQUATICS**
  - $ Zumba (AP) 6 pm  
  - $10 NM

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**WEDNESDAY**

- **MORNING ACTIVATORS**
  - BOQUA (AP) 6 pm

- **AQUATICS**
  - $10 / $5 M

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**THURSDAY**

- **MORNING ACTIVATORS**
  - BodyPump™ (AP) 5:35 pm  
  - $20 NM

- **AQUATICS**
  - $15 / $10 M

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**SATURDAY**

- **ALL DAY AT THE J**
  - Adult Swim* 12:30–1:30 pm

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**SUNDAY**

- **ALL DAY AT THE J**
  - Slow Flow Vinyasa Yoga (AP) 6 pm  
  - $10 / $5 M

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**MEMBER APPRECIATION DAY**

THURSDAY, FEBRUARY 13

**5 PM | YOU’RE INVITED TO SEE YOUR FAVORITE ANIMALS WITH HEDGEHOG HANNAH!**

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**HEART HEALTHY FITNESS CHALLENGE**

Log 100 miles in February and win! FREE! Register at JCCindy.org/programs