

NOVEMBER GROUP EXERCISE SCHEDULE

Effective beginning NOVEMBER 1, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dance 8:30-9:30 am Lindsay Group Ex	Aqua Jog 7-8 am Sheryl Indoor Lap Pool	\$ Pilates 9-10 am Susan Group Ex Studio	Aqua Jog 7-8 am Sheryl Lap Pool	BOQUA 9-10 am Tom Lap Pool
\$ Aquajoints 9:50-10:45 am Pam Therapy Pool	Aqua Jog 8-9 am Gail Indoor Lap Pool	\$ Aquajoints 9:50-10:45 am Pam Therapy Pool	Aqua Jog 8-9 am Gail Lap Pool	\$ Pilates 11 am-Noon Stacy Group Ex Studio
\$ Fit Joints Plus 10:45-11:45 am Nikki Therapy Pool	\$ Half N Half Yoga 9-10 am Ashley Group Ex Studio	\$ Fit Joints Plus 10:45-11:45 am Nikki Therapy Pool	\$ Aquajoints 9:45-10:45 am Becky Therapy Pool	Aqua Jog 1-2 pm Sue Lap Pool
Zumba 10:45-11:45 am Lindsay Group Ex	\$ Aquajoints 9:45-10:45 am Becky Therapy Pool	\$ Power Yoga 11:30 am-12:30 pm Ashley Dance Studio	Dance 10-10:50 am Lindsay Group Ex	\$ Fit Joints Plus 1-2 pm Nikki Therapy Pool
Aqua Jog 1-2 pm Sue Lap Pool	Silver Sneakers Boom 10-10:50 am Jim Group Ex	Aqua Jog 1-2 pm Sue Lap Pool	\$ Fit Joints Plus 10:45-11:45 am Pam Therapy Pool	SATURDAY
\$ Aqua Mobility 1:45-3 pm Therapy Pool	\$ Fit Joints Plus 10:45-11:45 am Pam Therapy Pool	HIIT 6-7 pm Kristina Group Ex Studio	\$ Yoga for Energy 10:45-11:45 am Ashley Dance Studio	Total Body BoxJump 9-10 am Tim Small Gym
Total Body BoxJump 5-5:30 pm Tim Small Gym	Silver Sneakers Classic 11-11:45 am Jim Group Ex	Hi-Low Aqua 6-7 pm Sheryl Lap Pool	Silver Sneakers Classic 11-11:45 am Jim Group Ex Studio	BOQUA 9:30-10:30 am Tom Lap Pool
HIIT 6-7 pm Kristina Group Ex Studio	BOQUA 11 am-Noon Tom Indoor Lap Pool	\$ Slow Flow Vinyasa Yoga 6-7 pm Kathy Dance Studio	Aqua Zumba 11-11:45 am Lap Pool	\$ Restorative Yoga 9:30-10:30 am Cara Group Ex
BOQUA 6-7 pm Tom Lap Pool	See this schedule 	\$ AQUATICS PUNCH CARDS Try out the following Aquatics classes. First class is no charge. Aqua Mobility, Aquajoints, Fitjoints Plus Drop-in: \$10/\$5 M <i>Or Save with a Punch Card!</i> 10 punches: \$80/\$40 M	Muscle Tuf 12-1 pm Melanie Group Ex Studio	HIIT & Stretch Lab 11-11:45 am Cara Group Ex
Ai Chi 6-7 pm Bonnie Therapy Pool			BOQUA 6-7 pm Tom Lap Pool	SUNDAY
\$ Slow Flow Vinyasa Yoga 6:30-7:30 pm Kathy Dance Studio	ALERTS Download the JCC mobile app at JCCindy.org/indy-j-app		Ai Chi 8:30-9:30 am Bonnie Therapy Pool	Muscle Tuf 9:30-10:30 am Irina Group Ex
			\$ Pilates 6-7 pm Stacy Dance Studio	Tai Chi for Health 11:30 am-12:30 pm Tracy Dance Studio

- \$12 drop-in or \$40/month for unlimited access
- Free land-based class
- Aquatics class. For those with a fee, see Punch Cards

**Unlimited
YOGA/PILATES**
NEW! Sign up online
JCCindy.org/programs
**Just
\$40/mon**

Schedule subject to change. For drop-in paid classes, stop by the Welcome Desk.