

# DECEMBER GROUP EXERCISE SCHEDULE

Effective beginning DECEMBER 1, 2021

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

Schedule subject to change. For drop-in classes requiring a fee, stop at the Welcome Desk.