

MAY GROUP EXERCISE SCHEDULE

Effective beginning MAY 1, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle Express 6:15-7 am Laurel Cycling Studio	Aqua Jog 7-8 am Sheryl Lap Pool	Cycle Express 6:15-7 am Laurel Cycling Studio	Aqua Jog 7-8 am Sheryl Lap Pool	Cycle Express 6:15-7 am Laurel Cycling Studio
Deep Water HIIT 8-9 am Karen Lap Pool	Aqua Jog 8-9 am Gail Lap Pool	Deep Water HIIT 8-9 am Karen Lap Pool	Aqua Jog 8-9 am Gail Lap Pool	Cycling 9-9:50 am Jim Cycling Studio
Cardio Dance 8:30-9:30 am Lindsey Group Ex	Cycling 9-9:50 am Jim Cycling Studio	\$ Pilates 9-10 am Susan Group Ex Studio	Total Body Strength 9-9:45 am Lindsey Group Ex	BOQUA 9-10 am Tom Lap Pool
\$ Aquajoints 9:45-10:45 am Pam Therapy Pool	\$ Half N Half Yoga 9-10 am Ashley Group Ex Studio	\$ Aquajoints 9:45-10:45 am Pam Therapy Pool	Yoga Basics 9-10 am Ashley Dance Studio	\$ Pilates 11 am-Noon Stacy Group Ex Studio
\$ Fit Joints Plus 10:45-11:45 am Nikki Therapy Pool	\$ Aquajoints 9:45-10:45 am Ellen Therapy Pool	\$ Fit Joints Plus 10:45-11:45 am Nikki Therapy Pool	\$ Aquajoints 9:45-10:45 am Ellen Therapy Pool	\$ Fit Joints Plus Noon-1 pm Nikki Therapy Pool
Zumba 10:45-11:45 am Lindsey Group Ex	Silver Sneakers Boom 10-10:50 am Jim Group Ex	\$ Power Yoga 11:30 am-12:30 pm Ashley Dance Studio	Cardio Dance 10-10:50 am Lindsey Group Ex	Aqua Jog 1-2 pm Sue Lap Pool
Aqua Jog 1-2 pm Sue Lap Pool	\$ Fit Joints Plus 10:45-11:45 am Pam Therapy Pool	Silver Sneakers Classic 1-2 pm Kyle Group Ex Studio	\$ Fit Joints Plus 10:45-11:45 am Pam Therapy Pool	SATURDAY
\$ Aqua Mobility 1:45-3 pm Carol Therapy Pool	Silver Sneakers Classic 11-11:45 am Jim Group Ex	Aqua Jog 1-2 pm Sue Lap Pool	\$ 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	BOQUA 11 am-Noon Tom Lap Pool	HIIT 5-5:45 pm Kylie Group Ex Studio	Silver Sneakers Classic 11-11:45 am Jim Group Ex Studio	BOQUA 9:30-10:30 am Tom Lap Pool
HIIT 6-6:45 pm Kyle Group Ex Studio	Butts and Guts 6-6:30 pm Cara Group Ex	Hi-Low Aqua 6-7 pm Sheryl Lap Pool	Aqua Zumba 11-11:45 am Melanie Lap Pool	\$ Restorative Yoga 9:30-10:30 am Cara Group Ex
BOQUA 6-7 pm Tom Lap Pool		\$ Slow Flow Vinyasa Yoga 6-7 pm Kathy Dance Studio	Muscle Tuf Noon-1 pm Melanie Group Ex Studio	HIIT / Stretch Lab 10:45-11:30 am Cara Group Ex
Ai Chi 6-7 pm Bonnie Therapy Pool		Yoga Basics 7-8 pm Kathy Dance Studio	HIIT 6-6:45 pm Kyle Group Ex Studio	SUNDAY
\$ Slow Flow Vinyasa Yoga 6:30-7:30 pm Kathy Dance Studio			BOQUA 6-7 pm Tom Lap Pool	Ai Chi 8:30-9:30 am Bonnie Therapy Pool
			\$ Pilates 6-7 pm Stacy Dance Studio	Muscle Tuf 9:30-10:30 am Irina Group Ex
				Tai Chi for Health 11:30 am-12:30 pm Tracy Dance Studio

NEW!

NEW!

NEW!

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

\$ AQUATICS PUNCH CARDS
First class is no charge
Drop-in: \$10/\$5 M
10 punches: \$80/\$40 M

ALERTS
Download the JCC mobile app at JCCindy.org/indy-j-app

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