


JUNE GROUP EXERCISE SCHEDULE

Schedule subject to change.

Effective beginning JUNE 1, 2022

MONDAY	NEW! TUESDAY	WEDNESDAY	NEW! THURSDAY	FRIDAY
Cycle Express 6:15-7 am Laurel Cycling Studio	Strength Xpress 6:15-7 am April Group Ex Studio	Cycle Express 6:15-7 am Laurel Cycling Studio	Strength Xpress 6:15-7 am April Group Ex Studio	Cycle Express 6:15-7 am Laurel Cycling Studio
Deep Water HIIT 8-9 am Karen Outdoor	Aqua Jog 7-8/8-9 am Sheryl/Gail Outdoor	Deep Water HIIT 8-9 am Karen Outdoor	Aqua Jog 7-8/8-9 am Sheryl/Gail Outdoor	Rivercise 8-9 am Tom Lazy River
Rivercise 8-9 am Tom Lazy River	Cycling 9-9:50 am Jim Cycling Studio	Rivercise 8-9 am Tom Lazy River	Total Body Strength 9-9:45 am Lindsey Group Ex	Cycling 9-9:50 am Jim Cycling Studio
Cardio Dance 8:30-9:30 am Lindsey Group Ex	\$ Half N Half Yoga 9-10 am Ashley Group Ex Studio	\$ Pilates 9-10 am Susan Group Ex Studio	Yoga Basics 9-10 am Ashley Dance Studio	BOQUA 9-10 am Tom Outdoor
\$ Aquajoints 9:45-10:45 am Pam Therapy Pool	\$ Aquajoints 9:45-10:45 am Pam Therapy Pool	\$ Aquajoints 9:45-10:45 am Pam Therapy Pool	\$ Aquajoints 9:45-10:45 am Pam Therapy Pool	\$ Pilates 11 am-Noon Stacy Group Ex Studio
\$ Fit Joints Plus 10:45-11:45 am Nikki Therapy Pool	Silver Sneakers Boom 10-10:50 am Jim Group Ex	\$ Fit Joints Plus 10:45-11:45 am Nikki Therapy Pool	Cardio Dance 10-10:50 am Lindsey Group Ex	\$ Fit Joints Plus Noon-1 pm Nikki Therapy Pool
Zumba 10:45-11:45 am Lindsey Group Ex	\$ Fit Joints Plus 10:45-11:45 am Pam Therapy Pool	\$ Power Yoga 11:30 am-12:30 pm Ashley Dance Studio	\$ Fit Joints Plus 10:45-11:45 am Pam Therapy Pool	Aqua Jog 1-2 pm Sue Indoor
Aqua Jog 1-2 pm Sue Indoor	Silver Sneakers Classic 11-11:45 am Jim Group Ex	Silver Sneakers Classic 1-2 pm Kyle Group Ex Studio	\$ Yoga for Energy 10:45-11:45 am Ashley Dance Studio	SATURDAY Total Body BoxJump 9-10 am Tim Small Gym
\$ Aqua Mobility 1:45-3 pm Carol Therapy Pool	BOQUA Noon-1 pm Tom Indoor	Aqua Jog 1-2 pm Sue Indoor	Silver Sneakers Classic 11-11:45 am Jim Group Ex Studio	BOQUA 9:30-10:30 am Tom Outdoor
Total Body BoxJump 5-5:30 pm Tim Small Gym	Butts and Guts 6-6:30 pm Cara Group Ex	HIIT 5-5:45 pm Kylie Group Ex Studio	Muscle Tuf Noon-1 pm Melanie Group Ex Studio	\$ Restorative Yoga 9:30-10:30 am Cara Group Ex
HIIT 6-6:45 pm Kyle Group Ex Studio	<p> \$12 drop-in or \$40/month for unlimited access</p> <p> Free land-based class</p> <p> Aquatics class. \$: Punch Cards</p>	Hi-Low Aqua 6-7 pm Sheryl Indoor	Aqua Zumba 1:15-2 pm Melanie Indoor	HIIT / Stretch Lab 10:45-11:30 am Cara Group Ex
BOQUA 6-7 pm Tom Indoor		\$ AQUATICS PUNCH CARDS First class is no charge Drop-in: \$10/\$5 M 10 punches: \$80/\$40 M	HIIT 6-6:45 pm Kyle Group Ex Studio	BOQUA 6-7 pm Tom Indoor
Ai Chi 6-7 pm Bonnie Therapy Pool	ALERTS Download the JCC mobile app at JCCindy.org/indy-j-app		\$ Pilates 6-7 pm Stacy Dance Studio	Ai Chi 8:30-9:30 am Bonnie Therapy Pool
\$ Slow Flow Vinyasa Yoga 6:30-7:30 pm Kathy 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