

# AUGUST GROUP EXERCISE SCHEDULE

Schedule subject to change.

Effective beginning AUGUST 1, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cycle Express</b> 6:15-7 am Laurel Cycling Studio	<b>Strength Xpress</b> 6:15-7 am April Group Ex Studio	<b>Cycle Express</b> 6:15-7 am Laurel Cycling Studio	<b>Strength Xpress</b> 6:15-7 am April Group Ex Studio	<b>Cycle Express</b> 6:15-7 am Laurel Cycling Studio
<b>Deep Water HIIT</b> 8-9 am Karen Outdoor	<b>Aqua Jog 7-8/8-9 am</b> Sheryl/Gail Outdoor	<b>Deep Water HIIT</b> 8-9 am Karen Outdoor	<b>Aqua Jog</b> 7-8/8-9 am Sheryl/Gail Outdoor	<b>Rivercise 8-9 am</b> Tom Lazy River
<b>Rivercise 8-9 am</b> Tom Lazy River	<b>Cycling 9-9:50 am</b> Jim Cycling Studio	<b>Rivercise 8-9 am</b> Tom Lazy River	<b>Total Body Strength</b> 9-9:45 am Lindsey Group Ex	<b>Cycling 9-9:50 am</b> Jim Cycling Studio
<b>Cardio Dance</b> 8:30-9:30 am Lindsey Group Ex	<b>\$ Half N Half Yoga</b> 9-10 am Ashley Group Ex Studio	<b>Cycling</b> 9-9:45 am Laurel Cycling Studio	<b>Yoga Basics</b> 9-10 am Ashley Dance Studio	<b>BOQUA 9-10 am</b> Tom Outdoor
<b>\$ Aquajoints</b> 9:45-10:45 am Pam Therapy Pool	<b>\$ Aquajoints</b> 9:45-10:45 am Pam Therapy Pool	<b>\$ Pilates</b> 9-10 am Susan Group Ex Studio	<b>\$ Aquajoints</b> 9:45-10:45 am Pam Therapy Pool	<b>SilverSneakers Classic 10-10:45 am</b> Terry Group Ex
<b>SilverSneakers Classic 10-10:45 am</b> Terry Group Ex	<b>SilverSneakers Boom 10-10:50 am</b> Jim Group Ex	<b>\$ Aquajoints</b> 9:45-10:45 am Pam Therapy Pool	<b>Cardio Dance</b> 10-10:50 am Lindsey Group Ex	<b>Aqua Jog 10-11 am</b> Sue Outdoor
<b>Aqua Jog</b> 10-11 am Sue Outdoor	<b>\$ Fit Joints Plus</b> 10:45-11:45 am Pam Therapy Pool	<b>Aqua Jog 10-11 am</b> Sue Outdoor	<b>\$ Fit Joints Plus</b> 10:45-11:45 am Pam Therapy 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>SilverSneakers Classic 11-11:45 am</b> Jim Group Ex	<b>\$ Fit Joints Plus</b> 10:45-11:45 am Nikki Therapy Pool	<b>\$ Yoga for Energy</b> 10:45-11:45 am Ashley Dance Studio	<b>\$ Fit Joints Plus</b> Noon-1 pm Nikki Therapy Pool
<b>Zumba 11 am-Noon</b> Lindsey Group Ex	<b>BOQUA 11 am-Noon</b> Tom Outdoor	<b>\$ Power Yoga</b> 11:30 am-12:30 pm Ashley Dance Studio	<b>SilverSneakers Classic 11-11:45 am</b> Jim Group Ex Studio	<b>SATURDAY</b> <b>Total Body BoxJump 9-10 am</b> Tim Small Gym
<b>\$ Aqua Mobility</b> 2-3 pm Carol Therapy Pool	<b>\$ Yoga</b> 5:30-6:30 pm Shiela Dance Studio	<b>SilverSneakers Classic 1-2 pm Kyle</b> Group Ex Studio	<b>Muscle Tuf</b> Noon-1 pm Melanie Group Ex Studio	<b>BOQUA</b> 9:30-10:30 am Tom Outdoor
<b>Total Body BoxJump 5-5:30 pm</b> Tim Small Gym	<b>Butts and Guts</b> 6-6:30 pm Cara Group Ex	<b>HIIT</b> 5-5:45 pm Kylie Group Ex Studio	<b>Aqua Zumba</b> 1:15-2 pm Melanie Outdoor	<b>\$ Restorative Yoga</b> 9:30-10:30 am Cara Group Ex
<b>HIIT</b> 6-6:45 pm Kyle Group Ex Studio		<b>Hi-Low Aqua 6-7 pm</b> Sheryl Outdoor	<b>HIIT</b> 5:30-6:15 pm Kyle Group Ex Studio	<b>HIIT / Stretch Lab</b> 10:45-11:30 am Cara Group Ex
<b>BOQUA 6-7 pm</b> Tom Outdoor		<b>\$ Yoga</b> 6-7 pm J-P Group Ex Studio	<b>BOQUA</b> 6-7 pm Tom Outdoor	<b>SUNDAY</b> <b>Ai Chi 8:30-9:30 am</b> Bonnie Therapy Pool
<b>Ai Chi 6-7 pm</b> Bonnie Therapy Pool			<b>\$ Pilates</b> 6-7 pm Stacy Dance Studio	<b>Muscle Tuf</b> 9:30-10:30 am Irina Group Ex
<b>\$ Slow Flow Vinyasa Yoga 6:30-7:30 pm</b> Kathy Dance Studio				<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.
- \$** = 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](http://JCCindy.org/indy-j-app)