

NOVEMBER GROUP EXERCISE SCHEDULE

Schedule subject to change.

Effective beginning NOVEMBER 1, 2022

MONDAY	TUESDAY	WEDNESDAY	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 Lap Pool	Aqua Jog 7-8 am Sheryl Lap Pool	Deep Water HIIT 8-9 am Karen Lap Pool	Aqua Jog 7-8 am Sheryl Lap Pool	Deep Water HIIT 8-9 am Karen Lap Pool
Cardio Dance 8:45-9:45 am Lindsey Group Ex	\$ Yoga 7:15-8 am J-P Group Ex Studio	\$ Slow Flow Vinyasa Yoga 9-10 am Alana Dance Studio	Aqua Jog 8-9 am Gail Lap Pool	Cycling 9-9:50 am Jim Cycling Studio
\$ Slow Flow Vinyasa Yoga 9-10 am Alana Dance Studio	Aqua Jog 8-9 am Gail Lap Pool	\$ Pilates 9-10 am Susan Group Ex Studio	Cycling 9-9:45 am Laurel Cycling Studio	BOQUA 9-10 am Tom Lap Pool
\$ Aquajoints 9:45-10:45 am Pam Therapy Pool	Cycling 9-9:50 am Jim Cycling Studio	\$ Aquajoints 9:45-10:45 am Pam Therapy Pool	Yoga Basics 9-10 am Ashley Dance Studio	\$ Pilates 9:30-10:30 am Stacy Dance Studio
SilverSneakers Classic 10-10:45 am Terry Group Ex	\$ 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 Pam Therapy Pool	SilverSneakers Classic 10-10:45 am Terry Group Ex
\$ Fit Joints Plus 10:45-11:45 am Nikki Therapy Pool	\$ Aquajoints 9:45-10:45 am Pam Therapy Pool	\$ SilverSneakers Classic 11 am-Noon Terry Group Ex*	Cardio Dance 10-10:50 am Lindsey Group Ex	\$ Fit Joints Plus Noon-1 pm Nikki Therapy Pool
Zumba 11 am-Noon Lindsey Group Ex	SilverSneakers Boom 10-10:50 am Jim Group Ex	\$ Restorative Yoga 11:30 am-12:30 pm Ashley Dance Studio	\$ Fit Joints Plus 10:45-11:45 am Roberta Ther. Pool	Aqua Jog 1-2 pm Sue Lap Pool
Aqua Jog 1-2 pm Sue Lap Pool	\$ Fit Joints Plus 10:45-11:45 am Roberta Ther. Pool	Aqua Jog 1-2 pm Sue Lap Pool	\$ 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	SilverSneakers Classic 11-11:45 am Jim Group Ex	HIIT 5-5:45 pm Kylie Group Ex Studio	\$ Yoga for Energy 10:45-11:45 am Ashley Dance Studio	BOQUA 9:30-10:30 am Tom Lap Pool
Total Body BoxJump 5-5:30 pm Tim Small Gym	BOQUA 11 am-Noon Tom Lap Pool	Hi-Low Aqua 6-7 pm Sheryl Lap Pool	SilverSneakers Classic 11-11:45 am Jim Group Ex Studio	\$ Restorative Yoga 9:30-10:30 am Cara Group Ex
HIIT 6-6:45 pm Kyle Group Ex Studio	BOQUA 11 am-Noon Tom Lap Pool	Hi-Low Aqua 6-7 pm Sheryl Lap Pool	Aqua Zumba 11-11:45 am Melanie Lap Pool	HIIT / Stretch Lab 10:45-11:30 am Cara Group Ex
BOQUA 6-7 pm Tom Lap Pool	Butts and Guts 6-6:30 pm Cara Group Ex	\$ AQUATICS PUNCH CARDS First class is no charge Drop-in: \$10/\$5 M 10 punches: \$80/\$40 M	Muscle Tuf Noon-1 pm Melanie Group Ex Studio	SUNDAY Ai Chi 8:30-9:30 am Bonnie Therapy Pool
Ai Chi 6-7 pm Bonnie Therapy Pool	Butts and Guts 6-6:30 pm Cara Group Ex	\$ AQUATICS PUNCH CARDS First class is no charge Drop-in: \$10/\$5 M 10 punches: \$80/\$40 M	HIIT 5:30-6:15 pm Kyle Group Ex Studio	\$ Pilates 9-10 am Stacy Dance Studio
\$ Slow Flow Vinyasa Yoga 6:30-7:30 pm Kathy Dance Studio	Butts and Guts 6-6:30 pm Cara Group Ex	\$ AQUATICS PUNCH CARDS First class is no charge Drop-in: \$10/\$5 M 10 punches: \$80/\$40 M	BOQUA 6-7 pm Tom Lap Pool	Muscle Tuf 9:30-10:30 am Irina Group Ex
		ALERTS Download the JCC mobile app at JCCindy.org/ jcc-indianapolis-app	\$ 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. \$: Punch Cards

*1-2 pm with Kyle 11/2 only; 11 am-Noon with Terry 11/9 on