

# DECEMBER GROUP EXERCISE SCHEDULE

Schedule subject to change.

Effective beginning DECEMBER 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 Lap Pool	<b>Aqua Jog</b> 7-8 am Sheryl Lap Pool	<b>Deep Water HIIT</b> 8-9 am Karen Lap Pool	<b>Aqua Jog</b> 7-8 am Sheryl Lap Pool	<b>Deep Water HIIT</b> 8-9 am Karen Lap Pool
<b>Cardio Dance</b> 8:45-9:45 am Lindsey Group Ex	<b>\$ Yoga</b> 7:15-8 am J-P Group Ex Studio	<b>\$ Slow Flow Vinyasa Yoga</b> 9-10 am Alana Dance Studio	<b>Aqua Jog</b> 8-9 am Gail Lap Pool	<b>Cycling</b> 9-9:50 am Jim Cycling Studio
<b>\$ Slow Flow Vinyasa Yoga</b> 9-10 am Alana Dance Studio	<b>Aqua Jog</b> 8-9 am Gail Lap Pool	<b>\$ Pilates</b> 9-10 am Susan Group Ex Studio	<b>Yoga Basics</b> 9-10 am Ashley Dance Studio	<b>BOQUA</b> 9-10 am Tom Lap Pool
<b>\$ Aquajoints</b> 9:45-10:45 am Pam Therapy Pool	<b>Cycling</b> 9-9:50 am Jim Cycling Studio	<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> 9:30-10:30 am Stacy Dance Studio
<b>SilverSneakers Classic</b> 10-10:45 am Terry Group Ex	<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>Cardio Dance</b> 10-10:50 am Lindsey Group Ex	<b>SilverSneakers Classic</b> 10-10:45 am Terry Group Ex
<b>\$ Fit Joints Plus</b> 10:45-11:45 am Nikki Therapy Pool	<b>\$ Aquajoints</b> 9:45-10:45 am Pam Therapy Pool	<b>SilverSneakers Classic</b> 11 am-Noon Terry Group Ex	<b>\$ Fit Joints Plus</b> 10:45-11:45 am Roberta Ther. Pool	<b>\$ Fit Joints Plus</b> Noon-1 pm Nikki Therapy Pool
<b>Zumba</b> 11 am-Noon Lindsey Group Ex	<b>SilverSneakers Boom</b> 10:10-11 am Jim Group Ex	<b>\$ Restorative Yoga</b> 11:30 am-12:30 pm Ashley Dance Studio	<b>\$ Yoga for Energy</b> 10:45-11:45 am Ashley Dance Studio	<b>SATURDAY</b> <b>Total Body BoxJump</b> 9-10 am Tim Small Gym
<b>Aqua Jog</b> 1-2 pm Sue Lap Pool	<b>\$ Fit Joints Plus</b> 10:45-11:45 am Roberta Ther. Pool	<b>Aqua Jog</b> 1-2 pm Sue Lap Pool	<b>SilverSneakers Classic</b> 11-11:45 am Jim Group Ex Studio	<b>BOQUA</b> 9:30-10:30 am Tom Lap Pool
<b>\$ Aqua Mobility</b> 1:45-3 pm Carol Therapy Pool	<b>SilverSneakers Classic</b> 11:05-11:50 am Jim Group Ex	<b>HIIT</b> 5-5:45 pm Kylie Group Ex Studio	<b>Aqua Zumba</b> 11-11:45 am Melanie Lap Pool	<b>\$ Restorative Yoga</b> 9:30-10:30 am Cara Group Ex
<b>Total Body BoxJump</b> 5-5:30 pm Tim Small Gym	<b>BOQUA</b> 11 am-Noon Tom Lap Pool	<b>Hi-Low Aqua</b> 6-7 pm Sheryl Lap Pool	<b>Muscle Tuf</b> Noon-1 pm Melanie Group Ex Studio	<b>HIIT / Stretch Lab</b> 10:45-11:30 am Cara Group Ex
<b>HIIT</b> 6-6:45 pm Kyle Group Ex Studio	<b>Butts and Guts</b> 6-6:30 pm Cara Group Ex	<b>\$ AQUATICS PUNCH CARDS</b>  First class is no charge Drop-in: \$10/\$5 M 10 punches: \$80/\$40 M	<b>HIIT</b> 5:30-6:15 pm Kyle Group Ex Studio	<b>SUNDAY*</b> <b>Ai Chi</b> 8:30-9:30 am Bonnie Therapy Pool
<b>BOQUA</b> 6-7 pm Tom Lap Pool	<ul style="list-style-type: none"> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #e91e63; border: 1px solid black; margin-right: 5px;"></span> \$12 drop-in or \$40/month for unlimited access</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #4caf50; border: 1px solid black; margin-right: 5px;"></span> Free land-based class</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #2196f3; border: 1px solid black; margin-right: 5px;"></span> Aquatics class.</li> <li>\$: Punch Cards</li> </ul>	<b>\$ Pilates</b> 6-7 pm Tom Lap Pool	<b>\$ Pilates</b> 9-10 am Stacy Dance Studio	
<b>Ai Chi</b> 6-7 pm 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</b> 6:30-7:30 pm Kathy Dance Studio		<b>ALERTS</b> Download the JCC mobile app at <a href="http://JCCindy.org/">JCCindy.org/</a> <a href="http://jcc-indianapolis-app">jcc-indianapolis-app</a>	<b>Tai Chi for Health</b> 11 am-Noon Tracy Dance Studio	

\*No Group Ex classes on Sun, Dec 25