

# JANUARY GROUP EX SCHEDULE – PAID

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>\$ Slow Flow Yoga 9-10 am Alana Dance Studio</div>	<div>\$ Half N Half Yoga 9-10 am Ashley Dance Studio</div>	<div>\$ Pilates 9-10 am Susan Group Ex Studio</div>	<div>\$ Aquajoints 9:45-10:45 am Pam Therapy Pool</div>	<div>\$ Pilates 9:20-10:20 Stacy Group Ex</div>
<div>\$ Aquajoints 9:45-10:45 am Pam Therapy Pool</div>	<div>\$ Aquajoints 9:45-10:45 am Pam Therapy Pool</div>	<div>\$ Aquajoints 9:45-10:45 am Pam Therapy Pool</div>	<div>\$ Fit Joints Plus 10:45-11:45 am Roberta Ther. Pool</div>	<div>\$ Fit Joints Plus Noon-1 pm Nikki Therapy Pool</div>
<div>\$ Fit Joints Plus 10:45-11:45 am Nikki Therapy Pool</div>	<div>\$ Fit Joints Plus 10:45-11:45 am Roberta Ther. Pool</div>	<div>\$ Fit Joints Plus 10:45-11:45 am Nikki Therapy Pool</div>	<div>\$ Pilates 6-7 pm Stacy Dance Studio</div>	<div>\$ All Levels Yoga 5-6 pm Ashley Dance Studio</div>
<div>\$ Aqua Mobility 1:45-3 pm Carol Therapy Pool</div>	<div>\$ Pilates / Barre 5-6 pm Stacy Dance Studio</div>	<div>\$ Restorative Yoga 11:30 am-12:30 pm Ashley Dance Studio</div>		
<div>\$ Slow Flow Vinyasa Yoga 6:30-7:30 pm Kathy Dance Studio</div>		<div>\$ Aqua Yoga 6-6:50 pm Kai Therapy Pool</div>		
				SATURDAY
				<div>\$ Restorative Yoga 9:30-10:30 am Group Ex Studio</div>
				SUNDAY
				<div>\$ Pilates 9-10 am Stacy Dance Studio</div>

\$12 drop-in or \$42/month for unlimited access.

Aquatics Punch Cards: First class free | Drop-in: \$10/**\$5 JCC Members** | 10: \$80 / **\$40 JCC Members**

# JANUARY GROUP EX SCHEDULE – FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Cycle Express 6:15-7 am Laurel Cycling Studio</div>	<div>Strength Xpress 6:15-7 am April Group Ex Studio</div>	<div>Cycle Express 6:15-7 am Laurel Cycling Studio</div>	<div>Strength Xpress 6:15-7 am April Group Ex Studio</div>	<div>Cycle Express 6:15-7 Laurel Cycling Studio</div>
<div>Deep Water HIIT 8-9 am Karen Lap Pool</div>	<div>Aqua Jog 7-8 am Sheryl Lap Pool</div>	<div>Deep Water HIIT 8-9 am Karen Lap Pool</div>	<div>Aqua Jog 7-8 am Sheryl Lap Pool</div>	<div>Deep Water HIIT 8-9 Karen Lap Pool</div>
<div>Cardio Dance 9-9:45 am Lindsey Group Ex</div>	<div>Aqua Jog 8-9 am Gail Lap Pool</div>	<div>SilverSneakers Stability 10:30-11 Terry Group Ex</div>	<div>Aqua Jog 8-9 am Gail Lap Pool</div>	<div>Cycling 9-9:50 am Jim Cycling Studio</div>
<div>SilverSneakers Classic 10-10:45 Terry Group Ex</div>	<div>Cycling 9-9:45 am Laurel Cycling Studio</div>	<div>SilverSneakers Classic 11 am-Noon Terry Group Ex</div>	<div>Yoga Basics 9-10 am Ashley Dance Studio</div>	<div>BOQUA 9-10 am Tom Lap Pool</div>
<div>Zumba 11:15 am-Noon Lindsey Group Ex</div>	<div>SilverSneakers Boom 10:10-11 am Jim Group Ex Studio</div>	<div>Ai Chi Noon-1 pm Diane Therapy Pool</div>	<div>Cardio Dance 10-10:50 am Anni Group Ex</div>	<div>Aqua Jog 1-2 pm Sue Lap Pool</div>
<div>Aqua Jog 1-2 pm Sue Lap Pool</div>	<div>BOQUA 11 am–noon Tom Lap Pool</div>	<div>Aqua Jog 1-2 pm Sue Lap Pool</div>	<div>SilverSneakers Classic 11-11:45 Jim Group Ex</div>	<div>Zumba 5-5:45 pm Anni Group Ex</div>
<div>Total Body BoxJump 5-6 pm Tim Small Gym</div>	<div>SilverSneakers Classic 11:05-11:50 Jim Group Ex Studio</div>	<div>HIIT 5:30-6:15 pm Kylie Group Ex Studio</div>	<div>HIIT Noon-1 pm Claire Group Ex Studio</div>	SATURDAY
<div>Bootcamp 6-6:30 pm Kylie Group Ex Studio</div>	<div>Butts and Guts 6-6:30 pm April Group Ex Studio</div>	<div>Hi-Low Aqua 6-7 pm Sheryl Lap Pool</div>	<div>Trampoline 5:30-6:15 pm Tim Group Ex Studio</div>	<div>Total Body BoxJump 9-10 Tim Small Gym</div>
<div>BOQUA Bootcamp 6-7 pm Tom Lap Pool</div>		<div>Hip Hop Step 6:30-7:30 pm Debbie Group Ex</div>	<div>BOQUA 6-7 pm Tom Lap Pool</div>	<div>BOQUA Bootcamp 9:30-10:20 Balance 10:30-11:20 Tom Lap Pool</div>
<div>Ai Chi 6-7 pm Bonnie Therapy Pool</div>		<div>Aqua Zumba 7-7:45 pm Kai Lap Pool</div>	<div>Abs and Mobility 6:30-7:15 pm Ajah Group Ex Studio</div>	<div>HIIT / Stretch Lab 10:45-11:30 am Group Ex Studio</div>
			<div>ALERTS For instructor swaps and cancellations, check <a href="https://jccindy.org/schedules">JCCindy.org/schedules</a> and the JCC's mobile app (download at <a href="https://jccindy.org/jcc-indianapolis-app">JCCindy.org/jcc-indianapolis-app</a>)</div>	SUNDAY
				<div>Ai Chi 8:30-9:30 am Bonnie Therapy Pool</div>
				<div>Muscle Tuf 9:30-10:30 am Irina Group Ex Studio</div>
				<div>Hip Hop Step 10:45-11:45 am Debbie Group Ex</div>
				<div>Aqua Zumba 11-11:45 am Kai Lap Pool</div>
				<div>Tai Chi 11 am-Noon Tracy Dance Studio</div>
				<div>HIIT 1-1:45 pm Ajah Group Ex Studio</div>

For days with inclement weather, programming will occur pending instructor availability to arrive safely. Please check the JCC schedules webpage/app (details in gray box above) for individual classes, and the Alerts webpage at [JCCindy.org/alerts](https://jccindy.org/alerts) for full building weather-related closures.