


APRIL GROUP EX SCHEDULE – PAID

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

 \$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

APRIL GROUP EX SCHEDULE – FREE

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 7-8/8-9 am Sheryl/Gail Lap Pool	Deep Water HIIT 8-9 am Karen Lap Pool
Cardio Dance 9-9:45 am Lindsey Group Ex	Aqua Jog 8-9 am Gail Lap Pool	SilverSneakers Stability 10:30-11 Terry Group Ex	Yoga Basics 9-10 am Ashley Dance Studio NEW!	Cycling 9-9:50 am Jim Cycling Studio
SilverSneakers Classic 10-10:45 Terry Group Ex	Cycling 9-9:45 am Laurel Cycling Studio	SilverSneakers Classic 11 am-Noon Terry Group Ex	SilverSneaker Boom 9:05-9:50 am Jim Group Ex Studio	BOQUA 9-10 am Tom Lap Pool
Zumba 11:15 am-Noon Lindsey Group Ex	Balance Basics 9-9:45 am Mary Anna Gr Ex	Ai Chi Noon-1 pm Diane Therapy Pool	Cardio Dance 10-10:50 am Anni Group Ex	SilverSneakers Classic 10:30-11:15 Terry Group Ex
Aqua Jog 1-2 pm Sue Lap Pool	SilverSneakers Boom 10-10:50 am Jim Group Ex Studio	Aqua Jog 1-2 pm Sue Lap Pool	SilverSneakers Classic 11-11:45 Jim Group Ex	HIIT Noon-1 pm NEW! Seamus Group Ex
Total Body BoxJump 5-6 pm Tim Small Gym	SilverSneakers Classic 11-11:55 Jim Group Ex Studio	HIIT 5:30-6:15 pm Kylie Group Ex Studio	Chair Yoga 2-2:45 pm Alana Group Ex	Aqua Jog 1-2 pm Sue Lap Pool
Bootcamp 6-6:30 pm Kylie Group Ex Studio	BOQUA 11 am-noon Tom Lap Pool	Hi-Low Aqua 6-7 pm Sheryl Lap Pool	Trampoline 5:30-6:15 pm Tim Group Ex Studio	Zumba 5-5:45 pm Anni Group Ex
BOQUA Bootcamp 6-7 pm Tom Lap Pool	Cycling NEW! 5-5:45 pm Debbie Cycling Studio	Hip Hop Step 6:30-7:30 pm Debbie Group Ex	Abs and Mobility 6:30-7:15 pm Ajah Group Ex Studio	SUNDAY NEW! Cycling 7:15-8 am Debbie Cycling Studio
Ai Chi 6-7 pm Bonnie Therapy Pool	Butts and Guts 6-6:30 pm April Group Ex Studio	Aqua Zumba 7-7:45 pm Kai Lap Pool	BOQUA 6-7 pm Tom Lap Pool	Fit For All NEW! 8:30-9:15 am Debbie Group Ex Studio
			SATURDAY NEW! Cycling 7:15-8 am Debbie Cycling Studio	Ai Chi 8:30-9:30 am Bonnie Therapy Pool
			Total Body BoxJump 9-10 Tim Small Gym	Muscle Tuf 9:30-10:30 am Irina Group Ex Studio
			BOQUA Bootcamp 9:30-10:20 Balance 10:30-11:20 Tom Lap Pool	Hip Hop Step 10:45-11:45 am Debbie Group Ex
			HIIT / Stretch Lab 10:45-11:30 am Group Ex Studio	Tai Chi 11 am-Noon Tracy Dance Studio

-  Low Impact
-  Aquatics
-  Cardio
-  Dance
-  Mind/Body
-  Strength/HIIT

ALERTS
For instructor swaps and cancellations, check JCCindy.org/schedules and the JCC's mobile app (download at JCCindy.org/jcc-indianapolis-app)

- On Mon, Apr 8, all Group Ex and water fitness classes from 1 pm on will be cancelled due to the solar eclipse. The fitness center will remain open; the pools will close from 3-3:30 pm but will otherwise remain open. Tennis classes from 4 pm on will be rescheduled.
- Attending one of the THREE new cycling classes? Come to the cycling studio a little early so you can be properly fitted for your bike.
- Fit for All on Sunday mornings is fitness fun for the whole family! Kids and adults alike will have so much fun moving to the music you won't even know you're exercising.