

AUG 1-SEP 2 GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	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	Cycling 7:15-8 am Debbie Cycling Studio	Cycling 7:15-8 am Debbie Cycling Studio
	Rivercise 8-8:50 am Tom Lazy River	Aqua Jog 7-8 am Sheryl Outdoor Lap Pool	Rivercise 8-8:50 am Tom Lazy River	Aqua Jog 7-8 am Sheryl Outdoor Lap Pool	Rivercise 8-8:50 am Tom Lazy River	Rivercise 8-9 am Tom Lazy River	\$ Pilates 9-10 am Stacy Dance Studio
	Deep Water HIIT 8-9 am Karen Outdoor Lap Pool	Aqua Jog 8-9 am Gail Outdoor Lap Pool	Deep Water HIIT 8-9 am Karen Outdoor Lap Pool	Aqua Jog 8-9 am Gail Outdoor Lap Pool	Deep Water HIIT 8-9 am Karen Outdoor Lap Pool	Fit for All 8:30-9:15 am Debbie Group Ex	Muscle Tuf 9:30-10:30 am Irina Group Ex
	Cardio Dance 9-9:45 am Lindsey Group Ex Studio	Open Rivercise 8-9:50 am Lazy River	NEW! Walk & Weights 8:30-9:15 am Laurel Track	Open Rivercise 8-9:50 am Lazy River	Open Rivercise 8-9:50 am Lazy River	Total Body BoxJump 9-10 am Tim Small Gym	Hip Hop Step 10:45-11:45 am Debbie Group Ex
	Open Rivercise 9-9:50 am Lazy River	Cycling 9-9:45 am Laurel Cycling Studio	Open Rivercise 9-9:50 am Lazy River	Yoga Basics 9-10 am Ashley Dance Studio	Cycling 9-9:50 am Jim Cycling Studio	BOQUA Bootcamp 9-9:50 am Tom Outdoor Lap Pool	Tai Chi 11 am-Noon Tracy Dance Studio
	\$ Slow Flow Yoga 9-10 am Alana Dance Studio	Balance Basics 9-9:45 Mary Anna Group Ex Studio	Summer Island Zumba 9-10 am Anni River Island	SilverSneakers Boom 9:05-9:50 Jim Group Ex	BOQUA 9-10 am Tom Outdoor Lap Pool	\$ Restorative Yoga 9:30-10:30 am Dance Studio	HIIT 1-1:45 pm Ajah Group Ex Studio
Mid-Day	SilverSneakers Classic 10-10:45 Terry Group Ex	\$ Half N Half Yoga 9-10 am Ashley Dance Studio	\$ Pilates 9-10 am Susan Group Ex Studio	Cardio Dance 10-10:50 am Anni Group Ex Studio	\$ Pilates 9:20-10:20 Stacy Group Ex Studio	BOQUA Balance 10-10:50 am Tom Outdoor Lap Pool	
	Zumba 11:15 am-Noon Lindsey Group Ex	SilverSneakers Boom 10-10:50 Jim Group Ex	SilverSneakers Stability 10:30-11 Terry Group Ex	\$ Power Yoga 10:45-11:45 am Ashley Dance St	SilverSneakers Classic 10:30-11:15 Terry Group Ex	HIIT 10:45-11:15 am Group Ex Studio	
	NEW! Walk & Weights 1:30-2 Lindsey Indoor Track	SilverSneakers Classic 11-11:55 Jim Group Ex	SilverSneakers Classic 11-Noon Terry Group Ex	SilverSneakers Classic 11-11:45 Jim Group Ex	HIIT Noon-1 pm Seamus Group Ex	Stretch Lab 11:15-11:30 am Group Ex Studio	
	NEW! \$ All Levels Yoga 5 pm Kathy Group Ex Studio	BOQUA Noon-1 pm Tom Outdoor Lap Pool	\$ Restorative Yoga 11:30-12:30 Ashley Dance Studio	Trampoline 5:30-6:15 pm Tim Group Ex Studio	Zumba 5-5:45 pm Anni Group Ex Studio		
	Total Body BoxJump 5-6 pm Tim Small Gym	NEW! Tai Chi 12:15-1 pm Tracy Group Ex Studio	HIIT 5:30-6:15 Kylie Group Ex Studio	BOQUA 6-7 pm Tom Outdoor Lap Pool			
	Evening Bootcamp 6-6:30 pm Kylie Front Lawn	Cycling 5-5:45 pm Debbie Cycling Studio	Hi-Low Aqua 6-7 pm Sheryl Outdoor Lap Pool	\$ Pilates 6-7 pm Stacy Dance Studio			
BOQUA Bootcamp 6-7 pm Tom Outdoor Lap Pool	\$ Pilates / Barre 5-6 pm Stacy Dance Studio	Hip Hop Step 6:30-7:30 pm Debbie Group Ex	Abs and Mobility 6:30-7:15 pm Ajah Group Ex Studio				
	Butts and Guts 6-6:30 pm April Group Ex Studio						

- \$** \$12 drop-in OR \$42/month unlimited access
- 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)