

# DECEMBER GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	<b>Cycling</b> 6:15-7 am Laurel Cycling Studio	<b>Strength Xpress</b> 6:15-7 am April Group Ex Studio	<b>Cycling</b> 6:15-7 am Laurel Cycling Studio	<b>Strength Xpress</b> 6:15-7 am April Group Ex Studio	<b>Cycling</b> 6:15-7 am Laurel Cycling Studio	<b>Cycling</b> 7:15-8 am Debbie Cycling Studio	<b>Cycling</b> 7:15-8 am Debbie 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>Walk &amp; Weights</b> 8:30-9:15 am Debbie Track	<b>Ai Chi</b> 8:30-9:30 Bonnie Therapy Pool
	<b>Cardio Dance</b> 9-9:45 am Debbie Group Ex Studio	<b>Aqua Jog</b> 8-9 am Rotating Lap Pool	<b>Walk &amp; Weights</b> 9-9:30 am Laurel Track	<b>Aqua Jog</b> 8-9 am Rotating Lap Pool	<b>Cycling</b> 9-9:50 am Jim Cycling Studio	<b>Total Body BoxJump</b> 9-10 am Tim Small Gym	<b>\$ Pilates</b> 9-10 am Stacy Dance Studio
	<b>\$ Slow Flow Yoga</b> 9-10 am Alana Dance Studio	<b>Cycling</b> 9-9:45 am Laurel Cycling Studio	<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>BOQUA Bootcamp</b> 9-9:45 am Tom Lap Pool	<b>Muscle Tuf</b> 9:30-10:30 am Irina Group Ex
	<b>\$ Aquajoints</b> 9:45-10:45 am Pam Therapy Pool	<b>Balance Basics</b> 9-9:45 Mary Anna Group Ex Studio	<b>\$ Aquajoints</b> 9:45-10:45 am Pam Therapy Pool	<b>SilverSneakers Boom</b> 9:05-9:50 Jim Group Ex	<b>\$ Pilates</b> 9:20-10:20 Stacy Group Ex Studio	<b>\$ Restorative Yoga</b> 9:30-10:30 am Dance Studio	<b>Hip Hop Step</b> 10:45-11:45 am Debbie Group Ex
	<b>SilverSneakers Classic</b> 10-10:45 Laurel Group Ex	<b>\$ Half N Half Yoga</b> 9-10 am Ashley Dance Studio	<b>\$ Fit Joints Plus</b> 10:45-11:45 am Nikki Ther Pool	<b>\$ Aquajoints</b> 9:45-10:45 am Pam Therapy Pool	<b>SilverSneakers Classic</b> 10:30-11:15 Debbie Group Ex	<b>BOQUA Balance</b> 9:45-10:30 am Tom Lap Pool	<b>Tai Chi</b> 11 am-Noon Tracy Dance Studio
Mid-Day	<b>\$ Fit Joints Plus</b> 10:45-11:45 am Nikki Ther Pool	<b>\$ Aquajoints</b> 9:45-10:45 am Pam Therapy Pool	<b>SilverSneakers Classic</b> 11-Noon Laurel Group Ex	<b>Cardio Dance</b> 10-10:50 am Anni Group Ex Studio	<b>\$ Fit Joints Plus</b> Noon-1 pm Nikki Ther Pool	<b>HIIT</b> 10:45-11:15 am Group Ex Studio	<b>HIIT</b> 1-1:45 pm Ajah Group Ex Studio
	<b>Zumba</b> 11:15 am-Noon Lindsey Group Ex	<b>SilverSneakers Boom</b> 10-10:50 Jim Group Ex	<b>\$ Restorative Yoga</b> 11:30-12:30 Ashley Dance Studio	<b>\$ Fit Joints Plus</b> 10:45-11:45 am Roberta Ther Pool	<b>HIIT</b> Noon-1 pm Juleus Group Ex	<b>Stretch Lab</b> 11:15-11:30 am Group Ex Studio	
	<b>Aqua Jog</b> 1-2 pm Rotating Lap Pool	<b>\$ Fit Joints Plus</b> 10:45-11:45 am Roberta Ther Pool	<b>Ai Chi</b> Noon-1 pm Diane Therapy Pool	<b>\$ Power Yoga</b> 10:45-11:45 am Ashley Dance St	<b>Aqua Jog</b> 1-2 pm Rotating Lap Pool	<b>Zumba</b> Noon-1 pm Anni Group Ex Studio	
	<b>\$ Aqua Mobility</b> 1:45-3 pm Carol Therapy Pool	<b>SilverSneakers Classic</b> 11-11:55 Jim Group Ex	<b>Aqua Jog</b> 1-2 pm Rotating Lap Pool	<b>SilverSneakers Classic</b> 11-11:45 Jim Group Ex	<b>Zumba</b> 5-5:45 pm Anni Group Ex Studio		
	<b>NEW!</b> <b>Cardio Dance</b> 4:15-5 pm Anni Group Ex Studio	<b>BOQUA</b> 11 am-Noon Tom Lap Pool	<b>HIIT</b> 5:30-6:15 Kylie Group Ex Studio	<b>Israeli Dance</b> 1:30 beg, 2:30 adv Rhea Group Ex			
	Evening	<b>Total Body BoxJump</b> 5-6 pm Tim Small Gym	<b>Cycling</b> 5-5:45 pm Debbie Cycling Studio	<b>Hi-Low Aqua</b> 6-7 pm Sheryl Outdoor Lap Pool	<b>Trampoline</b> 5:30-6:15 pm Tim Group Ex Studio		
<b>Bootcamp</b> 6-6:30 pm Kylie Group Ex Studio		<b>\$ Pilates / Barre</b> 5-6 pm Stacy Dance Studio	<b>Hip Hop Step</b> 6:30-7:30 pm Debbie Group Ex	<b>BOQUA</b> 6-6:45 pm Tom Lap Pool			
<b>BOQUA Bootcamp</b> 6-6:45 pm Tom Lap Pool		<b>Butts and Guts</b> 6-6:30 pm April Group Ex Studio		<b>\$ Pilates</b> 6-7 pm Stacy Dance Studio			
<b>Ai Chi</b> 6-7 pm Bonnie Therapy Pool				<b>Abs and Mobility</b> 6:30-7:15 pm Ajah Group Ex Studio			

- \$** Punch Cards: 1<sup>st</sup> class FREE  
Drop-in: \$10 (**\$5 Member**)  
10-pack: \$80 (**\$40 Member**)
- \$** \$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](http://JCCindy.org/schedules) and the JCC's mobile app (download at [JCCindy.org/jcc-indianapolis-app](http://JCCindy.org/jcc-indianapolis-app))