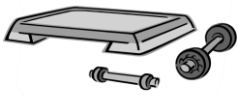


Richard A. Carlucci Recreation and Aquatic Center

Aerobics Schedule (July 20 through August 9)

CYCLING	Morning Classes (Room 139 B & Media Center)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00 - 9:45am Melanie	6:00 - 6:45am Huck	5:35 - 6:25am Jessica	9:00 - 9:45am Amber	9:00 - 9:45am Meggan	8:30 - 9:15am Henry	
Evening Classes (Room 139 B & Media Center)							
5:30 - 6:15pm Huck		5:30 - 6:15pm Henry					

GROUP AEROBICS	Morning Classes (Court 3 - Gymnasium)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00 - 9:45am PiYo Tara	9:00 - 9:45am Yoga Carrie	9:00 - 9:45am Yoga Tara	9:00 - 9:45am PiYo Tara	9:00 - 9:45am Yoga Melanie	8:30 - 9:15am Yoga Carrie	
10:00 - 10:45am Cardio Toning & Strength Melanie	10:00 - 10:45am Pilates Carrie	10:00 - 10:45am Total Body Toning Amber	10:00 - 10:45am Cardio Toning & Strength Melanie	10:00 - 10:45am Butts & Guts Amber	9:30 - 10:15am Insanity Katy		
11:00 - 11:45am Total Body Toning Tara	11:00 - 11:45am Cardio Toning Jessica	11:00 - 11:45am Beginner Pilates Fran (7/22) & Amber (7/29 & 8/5)	11:00 - 11:45am Pilates Jessica				
Evening Classes (Court 3 - Gymnasium)							
Monday	Tuesday	Wednesday	Thursday				
4:30 - 5:15pm Pilates Jessica	4:30 - 5:15pm Zumba Jessica	4:30 - 5:15pm Toning Jessica	4:30 - 5:15pm Zumba Jessica				
5:30 - 6:15pm Yoga Stretch Meggan	5:30 - 6:15pm Toning Meggan	5:30 - 6:15pm Insanity Strength Katy	5:30 - 6:15pm Mobility Meggan				
							
<p><i>Please bring your own aerobic equipment.</i></p> <p><i>Only a limited amount of weights will be provided by Plainfield Parks.</i></p>							



WATER AEROBICS	Morning Classes (Indoor Splash Island)					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:05 - 9:00am Aqua-X Molly	8:05 - 9:00am Aqua-X Molly	8:05 - 9:00am Aqua-X Molly	8:05 - 9:00am Aqua-X Molly	8:05 - 9:00am Aqua-X Judy	8:05 - 9:00am Aqua-X
9:05 - 10:00am Aqua-X Judy	9:05 - 10:00am Aqua X Judy	9:05 - 10:00am Aqua X Sara	9:05 - 10:00am Aqua X Judy	9:05 - 10:00am Aqua X Sara		
Evening Classes (Indoor Splash Island)						
	6:00 - 7:00 PM Aqua-X Judy		6:00 - 7:00 PM Aqua-X Judy			



Join us for Silver Sneaker classes virtually on Facebook!				
Silver Sneakers	Monday	Tuesday	Wednesday	Thursday
	Silver Sneakers Virtual Circuit (10am) Tara	Silver Sneakers Virtual Cardio (10am) Melanie	Silver Sneakers Virtual Yoga (10am) Tara	Silver Sneakers Virtual Circuit (10am) Tara
		Silver Sneakers Virtual Yoga (11am) Melanie		Silver Sneakers Virtual Classic (11am) Amber