



Richard A. Carlucci Recreation and Aquatic Center

Aerobics Schedule (September 8 through November 1)

CYCLING	Morning Classes (Cycling Studio)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 - 6:45am Jessica	6:00 - 6:45am Huck	5:35 - 6:25am Meggan	6:00 - 6:45am Jessica	9:00 - 9:45am Meggan	6:30 - 8:00am Endurance Cycling Huck (Beginning 10/2)	12:30 - 1:15pm Paul (Beginning 10/3)
	9:00 - 9:45am Melanie	9:00 - 9:45am Amber		9:00 - 9:45am Amber		8:30 - 9:15am Henry	
Evening Classes (Cycling Studio)							
5:30 - 6:15pm Huck	6:30 - 7:15pm Jessica	5:30 - 6:15pm Henry					

Silver Sneakers	Silver Sneakers (Gymnasium - Court 3) - Returning the week of September 14th						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00 - 9:45am Boom Amber (Returns 9/14)	10:00 - 10:45am Silver Sneakers Cardio Melanie (Returns 9/15)	10:00 - 10:45am Silver Sneakers Yoga Tara (Returns 9/16)	10:00 - 10:45am Silver Sneakers Circuit Tara (Returns 9/17)	10:00 - 10:45am Silver Sneakers Cardio Melanie (Returns 9/18)		
	10:00 - 10:45am Silver Sneakers Yoga Sara (Returns 9/14)	11:00 - 11:45am Silver Sneakers Classic Amber (Returns 9/15)		11:00 - 11:45am Silver Sneakers Classic Amber (Returns 9/17)	11:00 - 11:45am Silver Sneakers Yoga Melanie (Returns 9/18)		
11:00 - 11:45am Silver Sneakers Circuit Tara (Returns 9/14)							

GROUP AEROBICS	Morning Classes (Aerobics Room)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00 - 9:45am PiYo Tara	8:00 - 8:45am Cardio Toning Melanie	5:35 - 6:20am Yoga Tara	5:35 - 6:20am Strength & Mobility Meggan	9:00 - 9:45am Yoga Melanie	8:30 - 9:15am Yoga Carrie	
	10:00 - 10:45am Total Body Toning Tara	9:00 - 9:45am Yoga Carrie	8:00 - 8:45am HIIT Amber	8:00 - 8:45am Cardio Toning Melanie	10:00 - 10:45am Butts & Guts Amber	9:30 - 10:15am Insanity Katy	
	10:00 - 10:45am Pilates Carrie	9:00 - 9:45am Yoga Tara	9:00 - 9:45am PiYo Tara	11:00 - 11:45am Toning Jessica			
	11:00 - 11:45am Cardio Toning Jessica	10:00 - 10:45am Total Body Toning Amber	10:00 - 10:45am Everything but the Barre Jessica				
			11:00 - 11:45am Pilates Jessica				
Evening Classes (Aerobics Room)							
4:30 - 5:15pm Pilates Jessica	5:30 - 6:15pm Zumba Jessica	4:30 - 5:15pm Everything but the Barre Jessica	5:30 - 6:15pm Total Body Toning Amber	<p><i>Please bring your own aerobic equipment. Only a limited amount of weights will be provided by Plainfield Parks.</i></p> 			
5:30 - 6:15pm Cardio Toning Jessica	6:30 - 7:15pm Pilates Amber	5:30 - 6:15pm Insanity Stength Katy	6:30 - 7:15pm Zumba Jessica				
6:30 - 7:15pm p90X Meggan			7:30 - 8:15pm Strength & Mobility Meggan				
7:30 - 8:15pm Yoga Stretch Meggan							

WATER AEROBICS	Morning Classes (Indoor Splash Island)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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 Guess Who!	
	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 - 7:00pm Aqua-X Judy		6:00 - 7:00pm Aqua-X Judy				

