




Richard A. Carlucci Recreation and Aquatic Center



Aerobics Schedule (January 2 through January 31)

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 Begins 1/9/2021	
	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		5:30 - 6:15pm Henry					

Silver Sneakers 139 A & B	Silver Sneakers (139 A & B)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00 - 9:45am Boom Amber	10:00 - 10:45am Silver Sneakers Cardio Melanie	10:00 - 10:45am Silver Sneakers Yoga Tara	10:00 - 10:45am Silver Sneakers Circuit Tara	10:00 - 10:45am Silver Sneakers Cardio Melanie		
	10:00 - 10:45am Silver Sneakers Yoga Sara	11:00 - 11:45am Silver Sneakers Classic Amber		11:00 - 11:45am Silver Sneakers Classic Amber	11:00 - 11:45am Silver Sneakers Yoga Melanie		
11:00 - 11:45am Silver Sneakers Circuit Tara							
Follow us on Facebook for our virtual option of these classes as well!!							

GROUP AEROBICS	Morning Classes (Aerobics Room)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00 - 9:45am SOULfusion Tara	8:00 - 8:45am Cardio Toning Melanie	8:00 - 8:45am HIIT Amber	5:35 - 6:20am Toning Meggan	9:00 - 9:45am Rocket Inspired Yoga Melanie	8:30 - 9:15am Yoga Carrie	
	10:00 - 10:45am Total Body Toning Tara	9:00 - 9:45am Yoga Carrie	9:00 - 9:45am Yoga Tara	8:00 - 8:45am Cardio Toning Melanie	10:00 - 10:45am Butts & Guts Amber	9:30 - 10:15am In the Zone Carrie	
	10:00 - 10:45am Pilates Carrie	10:00 - 10:45am Total Body Toning Amber	9:00 - 9:45am SOULfusion Tara	11:00 - 11:45am Toning Jessica	10:30 - 11:15am Golf Conditioning Brad Begins 1/9/2021		
	11:00 - 11:45am Cardio Toning Jessica		10:00 - 10:45am Everything but the Barre Jessica				
			11:00 - 11:45am Pilates Jessica				
Effective January 2nd							
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	6:30 - 7:15pm Zumba Jessica	<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	6:00 - 6:45pm Boot Camp Amber	6:30 - 7:15pm Zumba Jessica				
6:30 - 7:15pm p90X Meggan			7:30 - 8:15pm Yoga Stretch 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		
	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				