



Richard A. Carlucci Recreation and Aquatic Center

Aerobics Schedule (May 3 through May 30)

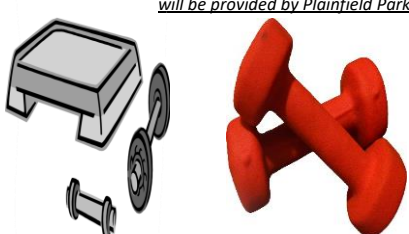


CYCLING	Morning Classes (Cycling Studio)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 - 6:45am Jessica	6:00 - 6:45am Huck	5:35 - 6:25am Meggan	6:00 - 6:45am Jessica	9:00 - 9:45am Meggan	8:30 - 9:15am Henry	
9:00 - 9:45am Melanie	9:00 - 9:45am Amber		9:00 - 9:45am Amber				
Evening 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 Stability 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	8:00 - 8:45am Cardio Toning Melanie	5:35 - 6:20am Stretch & Sculpt Jessica	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	9:00 - 9:45am SOULfusion Tara	9:00 - 9:45am Rocket Inspired Yoga Melanie	9:30 - 10:15am In the Zone Carrie	
		10:00 - 10:45am Pilates Carrie	10:00 - 10:45am Total Body Toning Amber	10:00 - 10:45am Everything but the Barre Jessica	10:00 - 10:45am Butts & Guts Amber		
		11:00 - 11:45am Cardio Toning Jessica		11:00 - 11:45am Pilates Jessica	11:00 - 11:45am Toning Jessica		Effective May 3
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	5:30 - 6:15pm Boot Camp Amber	6:30 - 7:15pm Zumba Jessica		
5:30 - 6:15pm Cardio Toning Jessica	6:30 - 7:30pm Pilates Amber	5:30 - 6:15pm Boot Camp Amber	6:30 - 7:15pm Yoga Jennifer A.				
6:30 - 7:15pm p90x Meggan							
7:30 - 8:15pm Yoga Stretch Meggan							

*Please bring your own aerobic equipment.
Only a limited amount of weights
will be provided by Plainfield Parks.*



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	
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			