




Richard A. Carlucci Recreation and Aquatic Center



Aerobics Schedule (May 31 through July 4)

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 31							
Evening Classes (Aerobics Room)							
Monday	Tuesday	Wednesday	Thursday	<p><u>Please bring your own aerobic equipment.</u> <u>Only a limited amount of weights will be provided by Plainfield Parks.</u></p> 			
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 Cardio Toning Jessica	6:30 - 7:30pm Pilates Amber	5:30 - 6:15pm Yoga Jennifer A.	6:30 - 7:15pm Zumba Jessica				
6:30 - 7:15pm p90x Meggan							
7:30 - 8:15pm Yoga Stretch Meggan							

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			

Class Descriptions

AQUA X – Taught by instructors certified for group water fitness. This class is designed to increase cardio fitness, increase flexibility, build lean muscle, reduce body fat, and strengthen muscle without the impact on the joints by using the resistance of the water.

BOOM - Have you hit a fitness plateau? Do you like fast-paced workouts that are done in 30 minutes? Can you handle a challenge? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 30-minute workouts. These classes will challenge you, but don't worry: One-handed pushups aren't required. The instructor will go through 3 different types of workouts that focus on cardio, muscles, and mind.

BUTTS & GUTS! - The perfect combination for targeting your most common problem areas. A challenging variety of abdominal and core exercises will tone and strengthen your midsection while gluteal focused moves work and tone your backside.

CARDIO TONING – This is a class that incorporates a wide variety of exercises including bench (not necessarily a step class), weights, band, and a ball. Toning will be either while elevating heart rate or alternated with a cardio push. This type of work out will not only maximize your time in the

CYCLING – This intense cardio class will burn off those tough calories as well as increasing stamina and energy levels! Get on that bike and ride!

EVERYTHING BUT THE BARRE - is a full body, low impact workout combining ballet inspired moves with elements of Pilates, Yoga, and Strength

HIIT – HIIT stands for High Intensity Interval Training. In this class you will work hard for short bursts and then have an active recovery period, varying the time of work and rest.

P90x – Cardio class, for the everyday normal person. This program opens the door for you to see dramatic, visible results

PILATES – This class will help you develop core strength, a leaner body by lengthening and strengthening muscles without building bulk, and

ROCKET INSPIRED YOGA - This class is designed for individuals who currently take yoga and are in good physical health. The class moves faster for more cardiovascular benefits and also yields increased strength, endurance, balance and flexibility.

SCULPT & STRETCH – An energizing aerobics class combining active stretch sequences and various low impact toning exercises for a total body workout designed for all fitness levels.

SILVER SNEAKERS CIRCUIT – Formerly known as “Cardio Circuit”, Aerobic or cardiovascular exercise is the highlight of Silver Sneakers Cardio Circuit. The class features upper-body strength workouts using hand-held weights, elastic tubing with handles and other fun accessories in non-

SILVER SNEAKERS CARDIO – Formerly known as “Cardio Fit”, Get Up & Go with an aerobics class that is safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SILVER SNEAKERS CLASSIC – Formerly known as “MSROM”, have fun and move to the music through a variety of exercises designed to increase Muscular Strength, Range Of Movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

SILVER SNEAKERS STABILITY - Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants.

SILVER SNEAKERS YOGA – Formerly known as “YogaStretch”, this class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

TOTAL BODY TONING – Full body toning and shaping is the focus of this class as we use a variety of strength exercises to shape and tone the bodies different muscle groups.

YOGA – This class will sooth your body and mind, while allowing your body to strengthen and become more flexible.

YOGA STRETCH- – Stretching class using yoga poses along with bands, Pilates rings, and all with a little assistance from the instructor

ZUMBA – This class is fun and exciting workout based on Latin Dance moves. The easy to learn dance combinations use fast and slow rhythms to