



Richard A. Carlucci Recreation and Aquatic Center
Aerobics Schedule (July 5 through August 14)

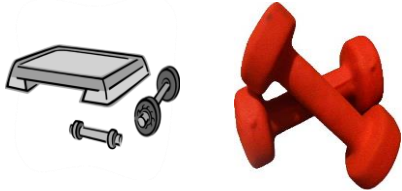


CYCLING	Morning Classes (Cycling Studio)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 - 6:45am Jessica	6:00 - 6:45am Huck	5:35 - 6:25am Meggan	6:00 - 6:45am Jessica	9:00 - 9:45am Meggan	8:30 - 9:15am Henry	
9:00 - 9:45am Melanie	9:00 - 9:45am Amber		9:00 - 9:45am Amber				
Evening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

Silver Sneakers Court 3	Silver Sneakers (Court 3)						
	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							

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 July 5th
	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 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							

*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			