



**Richard A. Carlucci Recreation and Aquatic Center**  
**Aerobics Schedule (August 23rd through October 3rd)**



Morning Classes (Cycling Studio)							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:35 - 6:25am Jessica	6:00 - 6:45am Huck	5:35 - 6:25am Meggan	5:35 - 6:25am 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)							
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							

Morning Classes (Aerobics Room)							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:00 - 9:45am SOULfusion Tara	5:35 - 6:25am Total Body Toning Jessica	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	8:00 - 8:45am Cardio Toning Melanie	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		
	9:00 - 9:45am Yoga Carrie	10:00 - 10:45am Total Body Toning Amber	10:00 - 10:45am Pilates Amber	10:00 - 10:45am Butts & Guts Amber			
	10:00 - 10:45am Pilates Carrie						
Effective August 23rd							
Evening Classes (Aerobics Room)							
Monday	Tuesday	Wednesday	Thursday	Friday			
4:30 - 5:15pm Pilates Jessica	5:30 - 6:15pm Zumba Jessica	4:30 - 5:15pm Everything but the Barre Jessica	6:30 - 7:15pm Zumba Jessica	4:30 - 5:15pm Everything but the Barre Jessica			
5:30 - 6:15pm Cardio Toning Jessica	6:30 - 7:30pm Pilates Amber	5:30 - 6:15pm Yoga Jennifer A.					
6:30 - 7:15pm p90x Strength Meggan							
7:30 - 8:15pm Stretch & Mobility Meggan							

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		
10:05 - 11:00am Arthritis Aqua X *Starts Sept. 13th Jennifer S.	10:05 - 11:00am Aqua X Judy	10:05 - 11:00am Arthritis Aqua X *Starts Sept. 8th Jennifer S.	10:05 - 11:00am Aqua X Judy			
Evening Classes (Indoor Splash Island)						
	6:00 - 7:00pm Aqua-X Judy		6:00 - 7:00pm Aqua-X Judy			