



**Richard A. Carlucci Recreation and Aquatic Center**

Aerobics Schedule (November 1st through December 18th )



CYCLING	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 Huck	5:35 - 6:25am Jessica	9:00 - 9:45am Meggan	7:00 - 8:00am Endurance Cycling Huck	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	5:35 - 6:25am Total Body Toning Jessica	9:00 - 9:45am HIIT Rm. 121/122 Amber	9:00 - 9:45am Cardio Toning Rm. 121/122 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 Cardio Toning Rm. 121/122 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 November 1st	
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	4:30 - 5:15pm Zumba Jessica	4:30 - 5:15pm Everything but the Barre Jessica			
5:30 - 6:15pm Cardio Toning Jessica	6:30 - 7:30pm Pilates Amber	6:00 - 6:45pm Yoga Jennifer A.	5:30 - 6:15pm Total Body Toning Amber				
6:30 - 7:15pm Strength & Sweat Myka			6:30 - 7:15pm Circuit & Werk It Myka				

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