



**Richard A. Carlucci Recreation and Aquatic Center**  
**Aerobics Schedule (January 3rd through January 30th )**



| CYCLING                          | Morning Classes (Cycling Studio) |                        |                       |                          |                         |  |                        |
|----------------------------------|----------------------------------|------------------------|-----------------------|--------------------------|-------------------------|--|------------------------|
|                                  | Monday                           | Tuesday                | Wednesday             | Thursday                 | Friday                  | Saturday                                   | Sunday                 |
|                                  | 5:35 - 6:25am<br>Jessica         | 6:00 - 6:45am<br>Huck  | 5:35 - 6:25am<br>Huck | 5:35 - 6:25am<br>Jessica | 9:00 - 9:45am<br>Meggan | 7:00 - 8:00am<br>Endurance Cycling<br>Huck | 8:30 - 9:15am<br>Henry |
|                                  | 9:00 - 9:45am<br>Melanie         | 9:00 - 9:45am<br>Amber |                       | 9:00 - 9:45am<br>Amber   |                         |  |                        |
| Evening Classes (Cycling Studio) |                                  |                        |                       |                          |                         |  |                        |
| 5:30 - 6:15pm<br>Huck            |                                  | 5:30 - 6:15pm<br>Henry |                       |                          |                         |  |                        |

| Silver Sneakers<br>Court 3                         | Silver Sneakers (Court 3)                       |  |   |   |  |          |        |
|--|---|--|---|---|--|----------|--------|
|  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday | Sunday |
|  | 9:00 - 9:45am<br>Boom<br>Amber                  | 10:00 - 10:45am<br>Silver Sneakers Cardio<br>Melanie | 10:00 - 10:45am<br>Silver Sneakers Yoga<br>Tara       | 10:00 - 10:45am<br>Silver Sneakers Circuit<br>Tara  | 10:00 - 10:45am<br>Silver Sneakers Cardio<br>Melanie |          |        |
|  | 10:00 - 10:45am<br>Silver Sneakers Yoga<br>Sara | 11:00 - 11:45am<br>Silver Sneakers Classic<br>Amber  | 11:00 - 11:45am<br>Silver Sneakers Stability<br>Amber | 11:00 - 11:45am<br>Silver Sneakers Classic<br>Amber | 11:00 - 11:45am<br>Silver Sneakers Yoga<br>Melanie   |          |        |
| 11:00 - 11:45am<br>Silver Sneakers Circuit<br>Tara |   |  |   |   |  |          |        |

| GROUP AEROBICS                               | Morning Classes (Aerobics Room)                   |  |   |  |  |   |        |
|--|---|--|---|--|--|---|--------|
|  | Monday  | Tuesday  | Wednesday                                     | Thursday   | Friday   | Saturday                                | Sunday |
|  | 5:35 - 6:25am<br>Full Body Toning Circuit<br>Myka | 5:35 - 6:25am<br>Total Body Toning<br>Jessica            | 9:00 - 9:45am<br>HIIT<br>Rm. 121/122<br>Amber | 9:00 - 9:45am<br>Cardio Toning<br>Rm. 121/122<br>Melanie | 5:35 - 6:20am<br>Stretch & Sculpt<br>Jessica   | 8:30 - 9:15am<br>Yoga<br>Carrie         |        |
|  | 9:00 - 9:45am<br>SOULfusion<br>Tara               | 9:00 - 9:45am<br>Cardio Toning<br>Rm. 121/122<br>Melanie | 9:00 - 9:45am<br>Yoga<br>Tara                 | 9:00 - 9:45am<br>SOULfusion<br>Tara                      | 9:00 - 9:45am<br>Rocket Inspired Yoga<br>Melanie   | 9:30 - 10:15am<br>In the Zone<br>Carrie |        |
| 10:00 - 10:45am<br>Total Body Toning<br>Tara | 9:00 - 9:45am<br>Yoga<br>Carrie                   | 10:00 - 10:45am<br>Total Body Toning<br>Amber            | 10:00 - 10:45am<br>Pilates<br>Amber           | 10:00 - 10:45am<br>Butts & Guts<br>Amber                 | 10:30 - 11:15am<br>Golf Conditioning<br>Brad   |   |        |
|  | 10:00 - 10:45am<br>Pilates<br>Carrie              |  |   |  |  | Effective January 3rd                   |        |
| Evening Classes (Aerobics Room)              |   |  |   |  |  |   |        |
| 4:30 - 5:15pm<br>Pilates<br>Jessica          | 5:30 - 6:15pm<br>Zumba<br>Jessica                 | 4:30 - 5:15pm<br>Everything but the Barre<br>Jessica     | 4:30 - 5:15pm<br>Zumba<br>Jessica             | 4:30 - 5:15pm<br>Everything but the Barre<br>Jessica     |  |   |        |
| 5:30 - 6:15pm<br>Cardio Toning<br>Jessica    | 6:30 - 7:30pm<br>Pilates<br>Amber                 | 5:30 - 6:15pm<br>Circuit & Werk It<br>Myka               | 5:30 - 6:15pm<br>Total Body Toning<br>Amber   | 5:30 - 6:15pm<br>Pump Up the Cardio<br>Myka              | <i>Please bring your own aerobic equipment.<br/>Only a limited amount of weights<br/>will be provided by Plainfield Parks.</i> |   |        |
| 6:30 - 7:15pm<br>Strength & Sweat<br>Myka    |   | 6:30 - 7:15pm<br>Yoga<br>Jennifer A.                     |   |  |  |   |        |

| WATER AEROBICS                                     | Morning Classes (Indoor Splash Island) |  |                                   |  |                                  |          |
|--|--|--|-----------------------------------|--|----------------------------------|----------|
|  | Monday                                 | Tuesday  | Wednesday                         | Thursday   | Friday                           | Saturday |
|  | 8:05 - 9:00am<br>Aqua-X<br>Molly       | 8:05 - 9:00am<br>Aqua-X<br>Molly                   | 8:05 - 9:00am<br>Aqua-X<br>Molly  | 8:05 - 9:00am<br>Aqua-X<br>Molly                   | 8:05 - 9:00am<br>Aqua-X<br>Judy  |          |
|  | 9:05 - 10:00am<br>Aqua-X<br>Judy       | 9:05 - 10:00am<br>Aqua X<br>Judy                   | 9:05 - 10:00am<br>Aqua X<br>Sara  | 9:05 - 10:00am<br>Aqua X<br>Judy                   | 9:05 - 10:00am<br>Aqua X<br>Sara |          |
| 10:05 - 11:00am<br>Arthritis Aqua X<br>Jennifer S. | 10:05 - 11:00am<br>Aqua X<br>Judy      | 10:05 - 11:00am<br>Arthritis Aqua X<br>Jennifer S. | 10:05 - 11:00am<br>Aqua X<br>Judy | 10:05 - 11:00am<br>Arthritis Aqua X<br>Jennifer S. |                                  |          |
| Evening Classes (Indoor Splash Island)             |  |  |                                   |  |                                  |          |
|  | 6:00 - 7:00pm<br>Aqua-X<br>Judy        |  | 6:00 - 7:00pm<br>Aqua-X<br>Judy   |  |                                  |          |