

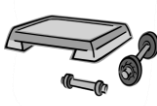



Richard A. Carlucci Recreation and Aquatic Center
Aerobics Schedule (January 2nd through March 19th)



Morning Classes (Cycling Studio)					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35 - 6:25am Jessica	5:35 - 6:25am Paul	5:35 - 6:25am Huck	5:35 - 6:25am Paul	9:00 - 9:45am Meggan	7:00 - 8:00am Endurance Cycling Huck
9:00 - 9:45am Meggan	9:00 - 9:45am Amber N.		9:00 - 9:45am Amber N.		8:30 - 9:15am Total Body Cycling Henry
Evening Classes (Cycling Studio)					
5:30 - 6:15pm Huck		5:30 - 6:15pm Total Body Cycling Henry			

Silver Sneakers (Court 3)					
Monday	Tuesday	Wednesday	Thursday	Friday	
9:00 - 9:45am Boom Amber N.	10:00 - 10:45am Silver Sneakers Cardio Melanie	10:00 - 10:45am Silver Sneakers Yoga Tara	9:00 - 9:45am Silver Sneakers Stability Sara	10:00 - 10:45am Silver Sneakers Cardio Melanie	
10:00 - 10:45am Silver Sneakers Yoga Rm. 121/122 Sara	11:00 - 11:45am Silver Sneakers Classic Amber N.	11:00 - 11:45am Silver Sneakers Stability Amber N.	10:00 - 10:45am Silver Sneakers Circuit Mona	11:00 - 11:45am Silver Sneakers Yoga Melanie	
11:00 - 11:45am Silver Sneakers Circuit Tara		11:00 - 11:45am Zumba Gold Aerobics Room Mona	11:00 - 11:45am Silver Sneakers Classic Amber N.		

Morning Classes (Aerobics Room)					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35 - 6:25am Full Body Toning Myka	5:35 - 6:25am Total Body Toning Jessica	8:00 - 8:45am Pump up the Cardio Myka	5:35 - 6:25am Circuit Training Myka	5:35 - 6:20am Stretch & Sculpt Jessica	8:30 - 9:15am Yoga Carrie
9:00 - 9:45am SOULfusion Tara	9:00 - 9:45am Cardio Toning Rm. 121/122 Melanie	9:00 - 9:45am HIIT Rm. 121/122 Amber N.	9:00 - 9:45am Cardio Toning Rm. 121/122 Melanie	9:00 - 9:45am Full Body Toning Rm. 121/122 Myka	9:30 - 10:15am In the Zone 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 Mona	9:00 - 9:45am Rocket Inspired Yoga Melanie	10:30 - 11:15am Golf Conditioning Brad
11:00 - 11:45am Zumba Amber W.	10:00 - 10:45am Pilates Carrie	10:00 - 10:45am Total Body Toning Amber N.	10:00 - 10:45am Pilates Amber N.	10:00 - 10:45am Butts & Guts Amber N.	
		11:00 - 11:45am Hourglass Toning Rm. 121/122 Myka			
				Effective January 2	
Evening Classes (Aerobics Room)					
Monday	Tuesday	Wednesday	Thursday	Friday	
5:30 - 6:15pm Pump Up the Cardio Myka	4:30 - 5:15pm Zumba Amber W.	4:30 - 5:15pm Everything but the Barre Jessica	4:30 - 5:15pm Strong Nation Amber W.	5:00 - 5:45pm Pump Up the Cardio Myka	
6:30 - 7:15pm Strength & Sweat Myka	5:30 - 6:15pm Pilates Amber N.	5:30 - 6:15pm Full Body Toning Myka	5:30 - 6:15pm Boxing Strength Meggan	<i>Please bring your own aerobic equipment. Only a limited amount of weights will be provided by Plainfield Parks.</i>	
7:30 - 8:15pm Zumba Mary	6:30 - 7:15pm Hourglass Toning Myka	6:30 - 7:15pm Yoga Jennifer A.	6:30 - 7:15pm Stretch & Mobility Meggan		

Morning Classes (Indoor Splash Island)					
Monday	Tuesday	Wednesday	Thursday	Friday	
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		

Class Descriptions

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

ARTHRITIS AQUA X – Taught by instructors certified through the Arthritis Foundation. This program is designed to improve range of motion, muscle strength, and endurance by combining the buoyance of the water and the warmth of the heated pool. It is ideal for relieving the pain and stiffness through exercise.

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.

BOXING STRENGTH – This workout will work you into submission! This workout combines boxing movements, with a break for some core workout, and finish off your workout with gaining some strength with dumbbell usage

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 gym, but it will maximize your fat burning well!

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

ENDURANCE CYCLING - This longer intense cardio class will burn off those tough calories, increase stamina, and energy levels! Get on that bike and ride!

EVERYTHING BUT THE BARRE - This is a full body, low impact workout combining ballet inspired moves with elements of Pilates, Yoga, and Strength Training. Barre focuses on high reps of small range movements that are great for targeting the core and toning the glutes and legs. Everything but the Barre is for every body and all fitness levels.

FULL BODY TONING – Come get yourself tone! This workout will test your entire body and work muscles you may not know you had! You will work the entire body to tone up and help strengthen the muscles while doing it

GOLF CONDITIONING – A class designed to help promote strength, flexibility and balance in the golf swing. Golf conditioning helps increase distance and stamina for the season!

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.

HOURLASS TRAINING – This class is upbeat to work all of those areas you hate! Not too much cardio just the right amount to get you moving with more weights to help build and sculpt those hard-to-reach areas.

IN THE ZONE – Cardio you say? Come give us a try! Cardio workout that will get your body in the zone to give you your best possible outcome.

PILATES – This class will help you develop core strength, a leaner body by lengthening and strengthening muscles without building bulk, and improve balance, poise, stability and flexibility! The class works with the deepest muscles of the body to build strength and control to improve mind/body awareness, reduce stress and fatigue as well as relieving pain, stiffness, and tension. It is suitable for anyone regardless of age or level of fitness.

PUMP UP THE CARDIO - Come join us for all the cardio you need! Get the heart rate going and have some fun while you do it.

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.

SILVER SNEAKERS 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-impact aerobic activity. A chair is available for support and easy head-to-toe stretching.

SILVER SNEAKERS CARDIO – 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 – 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. A chair may be used for balance and support.

SILVER SNEAKERS YOGA – 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

SOULFUSION – A creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training exercises all set to crazy fun music. SOULfusion trains strength, balance, and flexibility, and can help improve overall fitness levels.

STRENGTH & SWEAT – Great workout with a mixture of strength based workouts and cardio. Get all of this in one 45 minute workout that will have you wanting more!

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

TOTAL BODY CYCLING – Cycling at its best! This is an intense workout that will get you not only the cardio you need, but the entire core workout needed as well!

TOTAL BODY TONING – Full body toning and shaping is the focus of this class. 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.

ZUMBA – This class is a fun and exciting workout based on Latin Dance moves. The easy to learn dance combinations use fast and slow rhythms to tone and sculpt the body, while also providing an incredible cardio workout.

ZUMBA GOLD – This class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.