Richard A. Carlucci Recreation and Aquatic Center

4th Quarter Aerobics Schedule (October 2nd 2017 - January 1st 2018)

New/Returning Classes!

CYCLING

Morning Classes

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	6:00 - 6:45am Amber	7:00 - 8:30am Endurance Cycling Huck	
9:00 - 9:45am HIIT Melanie	9:00 - 9:45am Amber		9:00 - 9:45am Amber	9:00 - 9:45am Meggan	9:30 - 10:30am Amber	

Evening Classes

Monday	Tuesday	Wednesday	Thursday
5:30 - 6:15pm Meggan	6:30 - 7:15pm Jessica	5:30 - 6:15pm Huck	6:30 - 7:15pm Brad

GROUP AEROBICS

Morning Classes

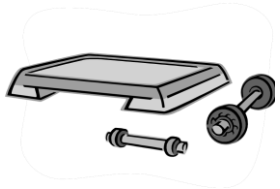
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 9:45am PiYo Tára	5:35 - 6:25am Circuit Training Meggan	5:35 - 6:25am Yoga Tára	5:35 - 6:25am p90x Meggan	9:00 - 9:45am Anything Goes! Amber	8:30 - 9:15am Yoga Carrie	12:30 - 1:30pm Power Yoga Melanie
9:00 - 9:45am Healthways Boom (Rm 121/122) Amber	9:00 - 9:45am Yoga (Rm 121/122) Carrie	9:00 - 9:45am Yoga (Rm 121/122) Tára	8:30 - 9:15am PiYo (Gym - Court 3) Tára	9:00 - 9:45am Yoga (Rm 121/122) Melanie	9:30 - 10:15am Core de Force Meggan	
10:00 - 10:45am Total Body Toning Tára	9:00 - 9:45am Cardio Toning & Strength Melanie	9:00 - 9:45am HIIT Amber	9:00 - 9:45am Cardio Toning & Strength Melanie	10:00 - 10:45am Total Body Toning Jessica		
10:00 - 10:45am Silver Sneakers Yoga (Rm 121/122) Sara	10:00 - 10:45am Pilates Carrie	10:00 - 10:45am Total Body Toning Amber	10:00 - 10:45am Pilates (Rm 121/122) Jessica	10:00 - 10:45am Silver Sneakers Cardio (Rm 121/122) Melanie		
11:00 - 11:45am Silver Sneakers Circuit Tára	10:00 - 10:45am Silver Sneakers Cardio (Rm 121/122) Melanie	10:00 - 10:45am Silver Sneakers Yoga (Rm 121/122) Tára	10:00 - 10:45am Silver Sneakers Circuit Tára	11:00 - 11:45am Silver Sneakers Yoga (Rm 121/122) Melanie		
1:00 - 1:45pm Silver Sneakers Stability Linda/Tára	11:00 - 11:45am Silver Sneakers Classic Linda	11:00 - 11:45am Silver Sneakers Circuit Tára	11:00 - 11:45am Silver Sneakers Classic Linda			
		11:00 - 11:45am Into to Pilates Amber	11:00 - 11:45am Healthways Boom (Gym - Court 3) Tára			
		1:00 - 1:45pm Silver Sneakers Classic Linda				

PLAINFIELD PARKS & RECREATION

All classes will be held in the Aerobics Room upstairs unless stated otherwise.

Evening Classes

Monday	Tuesday	Wednesday	Thursday
4:30 - 5:15pm Pilates Jessica	5:30 - 6:15pm HIIT Amber	5:30 - 6:15pm Insanity Meggan	5:30 - 6:15pm Total Body Toning Amber
5:30 - 6:15pm Cardio Toning Jessica	6:30 - 7:15pm Pilates Amber	6:30 - 7:15pm Yoga Jennifer A.	6:30 - 7:15pm Pilates Amber
6:30 - 7:15pm p90x Meggan	7:30 - 8:15pm Zumba Jessica	7:30 - 8:15pm Zumba Jessica	7:30 - 8:15pm Zumba Jessica
7:30 -8:15pm Yoga Stretch Meggan			



Effective October 2nd

WATER AEROBICS

Morning Classes

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 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 Silver Splashers Judy	10:05 - 11:00am Aqua-X Judy	10:05 - 11:00am Silver Splashers Judy	10:05 - 11:00am Aqua-X Judy	10:05 - 11:00am Silver Splashers Judy	
11:05 - 12:00pm Arthritis Aqua-X Jennifer S./Judy		11:05 - 12:00pm Arthritis Aqua-X Jennifer S./Judy		11:05 - 12:00pm Arthritis Aqua-X Jennifer S./Judy	

Splash Island AT PLAINFIELD RECREATION CENTER

Evening Classes

	6:00 - 7:00 PM Aqua-X Judy		6:00 - 7:00 PM Aqua-X Judy	
	7:00 - 8:00pm Aqua-X Linda		7:00 - 8:00pm Aqua-X Linda	

87 Group Fitness Classes per week!