

Plainfield Recreation and Aquatic Center

1st Quarter Aerobics Schedule (January 4th 2016 - April 3rd 2016)

New/Returning Classes

CYCLING

Morning Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 6:45am Jessica	6:05 - 6:50am Kevin	6:00 - 6:45am Meggan	6:00 - 6:45am Jessica	6:05 - 6:50am Kevin	7:00 - 8:30am Endurance Cycling Kevin	
9:00 - 9:45am HIIT Melanie	9:00 - 9:45am Amber	9:00 - 9:45am HIIT Melanie	9:00 - 9:45am Amber	9:00 - 9:45am Meggan	9:30 - 10:30am Amber	

Evening Classes

5:30 - 6:15pm Meggan	5:30 - 6:15pm Brad	5:30 - 6:15pm Kevin	6:30 - 7:15pm Brad	
	6:30 - 7:15pm Jessica			

GROUP AEROBICS

Morning Classes

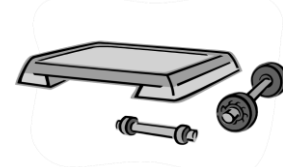
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 6:45am p90x Meggan	5:35 - 6:25am Wake Up Call Tara	5:35 - 6:25am Yoga Tara	5:35 - 6:25am Circuit Training Meggan	9:00 - 9:45am Cardio Mix Amber	8:30 - 9:15am Yoga Carrie	12:30 - 1:30pm Power Yoga Melanie
9:00 - 9:45am PiYo Tara	9:00 - 9:45am Yoga (Rm 121/122) Carrie	9:00 - 9:45am Yoga (Rm 121/122) Tara	8:30 - 9:15am PiYo (Gym - Court 3) Tara	9:00 - 9:45am Yoga (Rm 121/122) Melanie	9:30 - 10:15am Golf Conditioning Brad	1:45 - 2:30pm Family Yoga Melanie
10:00 - 10:45am Total Body Toning Tara	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	10:30 - 11:15am Insanity Meggan	
10:00 - 10:45am Silver Sneakers Classic (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 Tara	10:00 - 10:45am Silver Sneakers Cardio (Rm 121/122) Melanie	10:00 - 10:45am Silver Sneakers Yoga (Rm 121/122) Tara	10:00 - 10:45am Silver Sneakers Circuit Tara	11:00 - 11:45am Silver Sneakers Yoga (Rm 121/122) Melanie		
	11:00 - 11:45am Silver Sneakers Classic Linda	11:00 - 11:45am Into to Pilates (Rm 121/122) Amber	11:00 - 11:45am Silver Sneakers Classic Linda			
		12:00 - 12:45pm Beginner Zumba Lucy				



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	4:30 - 5:15pm Pilates/Yoga Meggan	5:30 - 6:15pm Total Body Toning Amber
5:30 - 6:15pm Cardio Toning Jessica	6:30 - 7:15pm Pilates Amber	5:30 - 6:15pm p90x Meggan	6:30 - 7:15pm Pilates Amber
6:30 - 7:15pm Insanity Meggan	7:30 - 8:15pm Zumba Jessica	6:30 - 7:15pm Yoga Jennifer	7:30 - 8:15pm Zumba Jessica
7:30 - 8:15pm Yoga Meggan		7:30 - 8:15pm Zumba Jessica	



Effective January 4th

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 Judy	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	



Evening Classes

	6:30 - 7:30pm Aqua-X Judy		6:30 - 7:30pm Aqua-X Judy	
	7:30 - 8:30pm Aqua-X Linda		7:30 - 8:30pm Aqua-X Linda	

88 Group Fitness Classes per week!