

December Group Ex and Aquatic Exercise Schedule

Classes are **FREE** to all **members!!**

Non-Members - \$9.00/\$4.50 on Thursdays

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|--------------------------------------|--------------------------------|---------------------------------------|--------------------------------|---|---|
| 5:30 AM | Cardio BodyPump | | Body Pump | | Cardio BodyPump | |
| 8:00 AM | AQFIT-Lap | FINNING-Lap | AQFIT-Lap | FINNING-Lap | AQFIT-Lap | Body Pump |
| 9:00 AM | Group Strength | 30 Minute Cycle | Group Strength | 30 Minute Cycle | Group Strength | See Membership for more details on Move Into Wellness, Rock Steady Boxing, Martial Arts & Lifeplex Dance Academy. |
| | FUSION-Lap | AQSTRENGTH-Lap | MOVEIT-Lap | | | |
| | MOVEIT-Therapy | | | AQSTRENGTH-Lap | CHANGE IT UP-Lap | |
| | AQFIT-Therapy | AQFIT-Lap | AQFIT-Therapy | AQFIT-Lap | AQFIT-Therapy | |
| 9:30 AM | Silver Sneakers | | Silver Sneakers | | | |
| | Yoga Flow | | | Yoga Flow | | |
| 10:00 AM | | AQLITE-Therapy | | SILVER SPLASH - Therapy | | |
| | | Breath & Movement Yoga | | | | |
| 10:30 AM | | Cardio Drumming | Move Into Wellness \$ Paid Program | Cardio Drumming | Silver Sneakers | |
| 10:45 AM | Gentle Yoga | | | Gentle Yoga | | |
| | RTHRITISX-Therapy | | RTHRITISX-Therapy | | RTHRITISX-Therapy | |
| 12:00 PM | Chair Yoga | Silver Sneakers | Yoga Flow | Silver Sneakers | | Lap Pool |
| | | | | Chair Yoga | | Therapy Pool |
| 2:00 PM | Rock Steady Boxing \$Paid Program | | Rock Steady Boxing \$Paid Program | | Rock Steady Boxing \$Paid Program | Studio 1 |
| 5:30 PM | Body Pump | | | Body Pump | | Studio 2 |
| 6:00 PM | AQFIT-Therapy | SWIM&SWEAT-Therapy | SWIM&SWEAT | AQFIT-Therapy | 2855 Miller Dr. Suite 101 574-936-2333 | Studio 3 |
| 6:30 PM | | Martial Arts \$Paid Program | | Martial Arts \$Paid Program | | North Studio |
| | Dance2Fit | | | Fierce Hip Hop | | Cycling Arena |

All classes are 45 minutes unless otherwise noted on the schedule.

See Membership for more details on Move Into Wellness, Rock Steady Boxing, Martial Arts & Lifeplex Dance Academy.

Class schedule is subject to change.