

October-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	All classes are 45 minutes unless otherwise noted on the schedule.
6:45 AM	*Cardio HiLo		*Cardio HiLo			
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	Prenatal Yoga	
10:30 AM			Move Into Wellness \$ Paid Program		Silver Sneakers	
	Flash Fit	Cardio Drumming		Cardio Drumming	Flash Fit	
10:45 AM	Gentle Yoga			Gentle Yoga		
	RTHRITISX-Therapy		RTHRITISX-Therapy		RTHRITISX-Therapy	
11:30 AM						
12:00 PM	Chair Yoga	Silver Sneakers	Yoga Flow	Silver Sneakers		
				Chair Yoga		Lap Pool
2:00 PM	Rock Steady Boxing \$Paid Program		Rock Steady Boxing \$Paid Program		Rock Steady Boxing \$Paid Program	Therapy Pool
5:00 PM						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.

*Member-led class.