

# November 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 PUMP		RIP Strength		Cardio PUMP	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	Yoga Flow (75Min)	MOVEIT OTB-Lap	
	AQFIT -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					
10:00 AM		AQLITE-Therapy		SILVER SPLASH - Therapy		
		Tai Chi			Tai Chi	
10:30 AM					Silver Sneakers	
	Flash Fit	Cardio Drumming		Cardio Drumming	Flash Fit	
10:45 AM	Gentle Yoga			Gentle Yoga		
	RTHRITISX-Therapy		RTHRITISX-Therapy		RTHRITISX-Therapy	
11:00 AM		Move Into Wellness \$ Paid Program				
12:00 PM	Chair Yoga	Silver Sneakers		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	30 Minute Cycle	Corebar	30 Minute Cycle			Studio 1
5:30 PM	Body Pump	Body Pump		Body Pump		Studio 2
6:00 PM	AQFIT-Therapy	SWIM&SWEAT-Therapy		AQFIT-Therapy		Studio 3
6:30 PM		Martial Arts \$Paid Program		Martial Arts \$Paid Program	2855 Miller Dr. Suite 101 574-936-2333	North Studio
	Dance2Fierce			Dance2Fierce		Cycling Arena

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Class schedule is subject to change.