



McCordsville June 2022

Class of the Month: Aqua Zumba on Tuesdays & Thursdays 6:00-6:45 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45-6:30 a.m. Rise and Ride Ashley		5:45-6:30 a.m. Rise and Ride Ashley		
				8:00-9:00 a.m. Wake Up Yoga Greta-education room	8:00-9:00 a.m. Cycling Jen
9:00-9:45 a.m. Beginner Cycling Greta	9:00-10:00 a.m. Cycling Greta	9:00-10:00 a.m. Cycling Terri	9:00-9:45 a.m. Beginner Cycling Greta	9:15-10:15 a.m. Cycling Greta	
9:00-9:45 a.m. Step Blast Amanda	9:00-9:45 a.m. H.I.I.T 2B FIT Terri	9:00-9:45 a.m. Sculpt & Tone Amanda	9:00-9:45 a.m. H.I.I.T 2B FIT Terri	9:00-9:45 a.m. Cardio, Kick & Shred Amanda	9:00-9:45 a.m. Sculpt & Tone Ashley/Janette
10:00-10:45 a.m. Iron Yoga Greta	10:00-10:45 a.m. YogaFit Terri	10:00-10:45 a.m. Mat Pilates Janette	10:00-10:45 a.m. YogaFit Terri	10:00-10:45 a.m. Barre Tone & Stretch Amanda	10:00-10:45 a.m. Strong Nation Reyna
11:00-11:45 a.m. Zumba Gold Elizabeth	11:00-11:45 a.m. Senior Strength Paul	11:00-11:45 a.m. Forever Fit Paul	11:00-11:45 a.m. Senior Strength Paul		11:00-11:45 a.m. Zumba Reyna
5:30-6:15 p.m. Barre Fit Amanda	5:30-6:15 p.m. Zumba Marielle	5:30-6:15 p.m. Endure the Burn Janette	5:30-6:15 p.m. Zumba Reyna		
6:15-7:00 p.m. Endure the Burn Ashley (cycling)	6:15-7:15 p.m. Gentle Yoga Kay (education room)	6:15-7:00 p.m. Unilateral Strength Janette	6:15-7:15 p.m. Gentle Yoga Kay (education room)		
6:30-7:15 p.m. R.I.P.P.E.D Liv			6:30-7:15 p.m. Total Body Tabata Reyna		
Aquatic Classes					
		9:00-9:45 a.m. Aqua Walk Judy			
9:00-9:45 a.m. Aqua Tabata Terri	9:00-10:00 a.m. Aqua Tabata Janette/Liv	9:45-10:15 a.m. Aqua Core Judy	9:00-10:00 a.m. Aqua Tabata Janette/Liv	9:00-10:00 a.m. Aqua Tabata Janette/Tori	9:00-10:00 a.m. Aqua Tabata Jeanette
10:00-10:45 a.m. Aqua Fit Terri	10:15-11:00 a.m. Aqua Yoga Greta	10:15-11:00 a.m. Aqua Walk Judy	10:15-11:00 a.m. Aqua Yoga Greta		10:15-11:00 a.m. Aqua Yoga Jeanette
Please allow 15 minutes to transition the pool from an aqua class environment back to a lap pool.					
	6:00-6:45 p.m. Aqua Zumba Mary	6:00-6:45 p.m. Aqua Tabata Jeanette	6:00-6:45 p.m. Aqua Zumba Mary		
		7:00-7:45 p.m. Aqua Yoga Jeanette			

Active Aging	Strength	Mind, Body and Spirit	Cardio	Classes are 50 minutes unless otherwise noted on the schedule, to allow the first 5 minutes for set up and introduction, and the last 5 minutes for cleanup and answering questions. Members of all levels are welcome. Dates, times, class configurations and instructors are subject to change.
--------------	----------	-----------------------	--------	---



McCordsville June 2022

Class of the Month: Aqua Zumba on Tuesdays & Thursdays 6:00-6:45 p.m.

Aqua Fit - This invigorating class held in the pool improves cardiovascular conditioning, muscular strength and endurance using resistance of the water to give you a safe, effective, fun and "no sweat" workout all without pounding your joints.

Aqua Pilates – This class takes Pilates to the pool. Focus on strengthening your core, improving your alignment and your body awareness.

Aqua Tabata- A HIIT(High Intensity Interval Training) in the water. Participants use maximal effort for 20 seconds and recover for 10 seconds for 8 rounds of work. Resistance equipment may or may not be used. All levels can benefit from this class.

Aqua Yoga – Learn ways to stretch, move and enjoy your body in the support of our 92-degree therapeutic pool. This class uses basic yoga poses adapted for the water. Aqua yoga is super low impact, as the buoyant effect of the water takes pressure off the joints, alleviating pain or discomfort. Soothe away joint and muscle pain as well as relieve stress in this therapeutic aquatics class.

Aqua Zumba® - A low-impact, high-energy aquatic exercise class with less impact on your joints, so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

Barre Fit- This class is designed to be a total body workout sculpting every major muscle group by combining Pilates, yoga, and ballet-inspired movements in one high-energy, low-impact session. Utilizing the barre, participants will focus on posture, balance, and barre technique designed to tighten, tone, and lengthen your muscles. This class includes strength exercises, light cardio, and floor stretch moves that will burn fat while lengthening the muscles for a leaner physique.

Barre Tone and Stretch- This class combines a standing core workout utilizing the ballet barre and then moves to the mat to finish with lengthening stretches that relax and elongate your muscles. The focus of this class will concentrate on basic core, balance, and flexibility.

Beginner Cycle- Beginner Cycle is recommended for those who are new to Cycling. Riders will learn how to set up their bike, hand positions, and body positions on the bike. You will learn to monitor exercise intensity, and use resistance and cadence to vary your workout intensity. This class is a 45-minute tutorial class that is recommended but not required to anyone new to cycling to ensure safety and maximum fitness results.

Cardio, Kick & Shred - Basic kickboxing combos & bodyweight exercises in a cardio interval style workout. (45 min)

Cardio Kickboxing - Punch, kick, and block to the music in this fun, 45-minute cardio class. Learn proper technique and when you're ready, you can increase the intensity. This class is appropriate for all fitness levels.

Cycling - Ride into high gear with this incredible and exhilarating stationary bike class. Instructors will show you various intensity options.

Endure the Burn Cycle -45 minutes of high intensity, strength and endurance cycling for all levels. Can you endure the burn?

Forever Fit- Sculpt and tone those muscles in forever fit. A 45-minute class incorporating bands and balls to strengthen upper and lower body.

Gentle Yoga - Improve and maintain your balance and flexibility in this relaxing class. Stretch, gather strength, and improve your respiratory system as you move to soothing music. All levels of experience are welcome!

Get Stronger – Using heavier weights, dumbbells or the barbell, we are going to max out at 8 reps per set. Our focus will be larger muscle groups to build strength and increase our fat burning potential. (45 min)

H.I.I.T 2B FIT - This class combines light and heavy resistance training with a complete cardiovascular workout in just 45 minutes. With the use of dumbbells, step blocks, and resistance balls, expect to keep your heart rate elevated and your muscles pumping.

Iron Yoga - Iron yoga combines yoga poses with the legs strong and active and the core engaged, while utilizing dumbbells for upper body weight training. Iron yoga improves lean muscle mass, and builds strength throughout the entire body. Weights are optional in this all levels yoga class. (45 min)

Mat Pilates- This Pilates workout focuses on increasing strength in the core, improving alignment and creating more mind body awareness using a variety of props. (45 min)

R.I.P.E.D-An acronym for: Resistance, Interval, Power, Plyometrics, Endurance, and Diet. The first five components are taught in the 50 minutes class, while the last component, diet, can be found on the program's website. Designed for all fitness levels.

Rise and Ride- 45 minutes of high intensity and endurance cycling for all levels

Sculpt & Tone - No cardio segment here. After a 10 min. warm up, you will use weights, bands and resistance balls to create a muscle conditioning and strength training workout that will tone muscle and burn fat!

Senior Strength - A strength-based class for aging adults that uses a variety of exercises to meet you where you're at and challenge you in the most enjoyable way possible. The workout is designed to encourage muscular strength and growth in a safe manner for any fitness level from beginner to advanced. Each week will vary to keep the workout fresh, fun, and the body guessing.

Step Blast - An interval class that combines step aerobics with short bursts of strength training. You will definitely leave this class feeling like you used your time efficiently!

Total Body Tabata- This class will incorporate weights, body weight and cardio exercises using 20 second intervals followed by 10 seconds of recovery. Tabata training sends your body's fat burning into overdrive. (45 minutes)

Yoga/Yoga Fit - Class is designed to learn the basic Yoga poses, effective stretching, breathing techniques, and the art of relaxation. The basic techniques can be used as building blocks for a more advanced Yoga practice. Modifications will be given if participants are more advanced.

Wake Up Yoga- Yoga is magical and healing no matter what time of day you do it. Yoga naturally gives you a great mental flush and serotonin boost; taking class in the morning allows you to keep those happy brain chemicals humming all day long. This class focuses on a combination of asanas which link physical movement, deep breathing techniques, and meditation together.

Water Walking and Conditioning – This one's all cardiovascular! Come join us for a low impact water walk with a combination of other mixed in cardiovascular exercises. (45 min.)

Zumba - High energy aerobic class incorporating basic Latin steps & fitness.

Zumba Gold – Low-impact dance fitness class that includes different styles of Latin flair. Perfect for beginners, all fitness levels and active aging members.

Active Aging	Strength	Mind, Body and Spirit	Cardio	Classes are 50 minutes unless otherwise noted on the schedule, to allow the first 5 minutes for set up and introduction, and the last 5 minutes for cleanup and answering questions. Members of all levels are welcome. Dates, times, class configurations and instructors are subject to change.
--------------	----------	-----------------------	--------	---