

New Palestine February 2024 Group Exercise Class Schedule

Group Fitness Classes					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Sculpt 5:30 – 6:30 am Guy	Cycling 5:30 – 6:30 am John	Power Pump 5:30 – 6:30 am Brooke	Cardio Power 5:30 – 6:30 am Brooke	Body Sculpt 5:30 – 6:30 am Guy	Boxing 8 - 9 am Amy
Cardio Combo 9 – 10 am Tina	Guts & Glutes 5:30 – 6:15 am Stephanie A.	Row 30 8 – 8:30 am Cory H.	Sunrise Stretch 8:05 – 9:00 Chelsea	Cycling 9 – 10 am Stephanie M.	Strength Cycle 8 – 9 am John
Cycling 9 – 10am Stephanie M.	Circuit Strength 8:05 – 8:50 am Stephanie M.	Total HIIT Fit 8 – 8:45 am Carly R.	Dance Fitness 9 – 10 am Tina	Barbell Blast 9 – 10 am Tina	Cycling 9:15 – 10:15 am Debbie
Pilates 10:15 – 11:15 am Chelsea	Treadmill Pump 8 - 9 am Meghann	Cycling 9 – 10am Stephanie M.	Barre 9 – 10 am Andrea	Pilates 10:15 – 11:15 am Chelsea	Step Blast 8:45 – 9:45 am Dawn
HIIT 2B Fit 5 – 6 pm Jana	Boxing 9 - 10 am Stephanie M.	PIYo 9 - 10 am Tina	Body Sculpt 10 – 11 am Stephanie M.		Boxing 9 – 10 am Amy
Cardio Kick 6 – 7 pm Dawn	Step Blast 9 – 10 am Tina	Boxing 10 – 11 am Stephanie	Tread 30 WALK 10 – 10:30 am E!		Matwork 10 – 11 am Dana
Cycling 6 – 7 pm Debbie	Slow Flow Yoga 10 – 11 am Tara	Tabata 5 – 6 pm Amy	Solid Strength 5:30 – 6:30 pm John		
	Body Burn 45 10:15 – 11 am Nola	Core Blast 30 6:00 – 6:30pm Angelina	Box 'n Bells 6:30 – 7:30 pm Nichole		
	Body Sculpt 4:30 - 5:30 pm Dana	Dance Fitness 6:30 – 7:30 pm Tina	Beginner CrossFit 6:30 – 7:30 pm Cameron		
	Treadmill Pump 4:30 - 5:30 pm Angelina	Boxing 6:30 – 7:30 pm Amy	Cycle 6:45 – 7:15 pm Tina		
	Matwork 5:30 – 6:30 pm Dana		<p>Please check our app for most up to date class times, instructor & potential adjustments.</p> <p>Reservations open two days prior at 6am & is required for all group exercise classes.</p>		
	Step Jam 5:30 – 6:30 pm Dawn				
	Box 'n Bells 6:30 – 7:30 pm Nichole				
	Cycle 6:45 – 7:30 pm Krista				
Active Aging Classes					
Forever Fit 11 – 11:45 Alternating		Zumba Gold 10 – 10:45 am e!		Forever Fit 11:15 - 12 Michele	
		Forever Fit 11 – 11:45 Janis			
Aquatics Classes					
Aqua Tabata 9:15 – 10:15 am Michelle (RP)	Aqua Blast 9:15 – 10:15 am Janis (RP)	Aqua Tabata 9:15 – 10:15 am Michelle (RP)	Water Walking 8:15 – 9:15 am Marianne (RP)	Aqua Stretch 9:30 – 10:15 am Carly R. (TP)	Aqua Tabata 9 - 10 am Jon (RP)
Aqua Stretch 10:15 – 11 am Michelle (TP)	Aqua Blast 10:30 – 11:30 am Janis (RP)	Hydro Sculpt 10:15 – 11:15 am Michelle (RP)	Aqua Tabata 9:15 - 10 am Marianne (RP)	Aqua Tabata 9:30 – 10:30 am Michelle (RP)	
	Aqua Tabata 6:30 – 7:30pm Jon (RP)	Aqua Stretch 11:15 – 12pm Michelle (TP)	Aqua Yoga 10:15 - 11am Marianne (TP)		
			Aqua Fit 6:30 – 7:30pm Becky (RP)		

TP – Therapy Pool RP – Rec Pool

Active Aging	Strength	Mind, body and spirit	Cycling	Cardio	Aquatics
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