



McCordsville June 2026

**Hours of operation: Monday-Friday 5:30 a.m. - 9:00 p.m.; Sat 7:00 a.m. - 5:00 p.m.; Sun 8:00 a.m. - 5:00 p.m.
 Jungle Club Hours: Monday-Friday 8:00am-1:00pm and 4:00pm-8:00pm | Saturday and Sunday 8:00am-Noon**

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. Wake Up Yoga Greta (education room)	8:00-9:00 a.m. Cycling Jen
	9:00-9:45 a.m. Ain't No Body Like a Cardio Body Tori				8:00-9:00 a.m. Sculpt & Tone Liv (6/23 & 6/27)
9:00-9:45 a.m. Cycle 45 Greta	9:15-10:00 a.m. Cycle 45 Greta	9:00-10:00 a.m. Cycle Terri	9:00-10:00 a.m. Beginner Cycle Greta	9:15-10:15 a.m. Cycle Greta	
9:00-9:45 a.m. Barre Fight Janette	9:00-9:45 a.m. H.I.I.T 2B FIT Terri	9:00-9:45 a.m. Buns & Guns Janette	9:00-9:45 a.m. H.I.I.T 2B FIT Terri	9:00-9:45 a.m. Get to Steppin' Janette	9:30-10:30 a.m. STRONG Nation Reyna
10:00-10:45 a.m. Iron Yoga Greta	10:00-10:45 a.m. Yoga Fit Terri	10:00-10:45 a.m. Mat Pilates Janette	10:00-10:45 a.m. Yoga Fit Terri	10:00-11:00 a.m. Meet Me at the Barre Janette	10:30-11:30 a.m. Zumba 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. Senior Cardio Sculpt - Paul	11:00-11:45 a.m. Senior Strength with Bands - Paul	10:00-10:45 a.m. Balance, Motion, Fall Prevention Kay (education room)	
	12:00-12:45 p.m. Balance, Motion, Fall Prevention Kay (education room)				
5:30-6:15 p.m. Sculpt & Tone Liv	5:30-6:15 p.m. Zumba Marielle		5:30-6:15 p.m. Zumba Reyna	12:00-12:45 p.m. Zumba Gold Morgan	
6:15-7:00 p.m. Endure the Burn Beth (cycling)	6:15-7:15 p.m. Gentle Yoga Kay (education room)	6:00-7:00 p.m. Cycling Beth	6:15-7:15 p.m. Gentle Yoga Kay (education room)		
6:30-7:30 p.m. Mat Pilates Janette	6:30-7:30 p.m. Barre Fight Janette	6:15-7:00 p.m. Sculpt & Tone Tori	6:30-7:30 p.m. STRONG Nation Reyna		
Please allow a 15-minute window prior to the listed class start time for class set up. Also allow a 15-minute window after the listed class end time to allow for cleaning and equipment storage. This is especially true for classes held in the basketball court.					
Aquatic Classes					
		9:00-9:45 a.m. Aqua Walk Judy			
	9:00-10:00 a.m. Aqua Cardio Blast Marianne	9:45-10:15 a.m. Aqua Core Judy	9:00-10:00 a.m. Aqua Fit Tori	9:15-9:45 a.m. Aqua Core Tori	9:00-10:00 a.m. Aqua Tabata Jeanette
10:00-11:00 a.m. Aqua Tabata Marianne	10:00-10:45 a.m. Aqua Yoga Marianne	10:15-11:00 a.m. Aqua Walk Judy	10:00-10:45 a.m. Aqua Yoga Greta	9:45-10:45 a.m. Aqua Tabata Tori	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	6:30-7:15 p.m. Aqua Zumba Morgan		
		7:00-7:45 p.m. Aqua Yoga Jeanette			

Active Aging	Strength	Mind, Body and Spirit	Cardio	Members of all levels are welcome. Dates, times, class configurations and instructors are subject to change. The most accurate information regarding our classes is located in the "Hancock Wellness" app. Please use the app to register for the group exercise classes.
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- Ain't No Body Like a Cardio Body** - Join Tori for a 45-minute cardio workout to torch those calories! Two exercises, three rounds of each and one minute to rest and learn the movements for the next round. All you need is your body and a mat.
- Aqua Tabata**- A HIIT (High Intensity Interval Training) class 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 Fit**- This invigorating class held in the pool improves cardio conditioning, muscular strength, and endurance using water resistance to deliver a safe, effective, fun, and “no sweat” workout without pounding your joints.
- Aqua Core** – This 30-minute class is focused on strengthening your midsection.
- 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 and helps relieve pain or discomfort. Soothe away joint and muscle pain and relieve stress in this therapeutic aquatic class.
- Aqua Walking and Conditioning** – This one’s all cardiovascular! Join us for a low-impact water walk combined with other mixed cardiovascular exercises. (45 min.)
- 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!
- Balance, Motion, Fall Prevention** - Be balanced and flexible while relating to your body movements, stretching, and posture. Experience gentle stretching and easy healing movements that meet your body’s needs. Benefits include increased balance and coordination, improved strength and flexibility, better body awareness, and posture. Better balance and flexibility help reduce fall risk and improve daily life. (45 min.)
- Barre Fight** - When the graceful world of barre meets the athleticism of kickboxing, the results are hot! We work on cardiovascular endurance while punching and kicking with precision, then strengthen and sculpt with barre work and Pilates for a full-body workout.
- Beginner Cycle** - Recommended for those new to cycling. Riders learn bike set-up, hand positions, and body positions on the bike, plus how to monitor intensity and use resistance and cadence to vary the workout. Active ride begins at 9:15 a.m.
- Buns & Guns** – We use bands and dumbbells to sculpt and strengthen the upper and lower body in this 45-minute workout. Suitable for all fitness levels.
- Cardio Sculpt** – This total-body workout includes 7–8 rounds with two movements in each round: one cardio move followed by one strength move. Elevate your heart rate and tone your body in this great workout.
- Chair Yoga** - Move with ease and fluidity to improve flexibility, strength, circulation, and balance. The chair provides a comfortable base as you progress through the movements. Feel relaxed, rejuvenated, and strong.
- Cycle/Cycle 45** - Ride into high gear with this exhilarating stationary bike class. Instructors show various intensity options, and classes are open to all levels.
- Endure the Burn Cycle** - 45 minutes of high-intensity strength and endurance cycling for all levels. Can you endure the burn?
- Gentle Yoga** - Improve and maintain your balance and flexibility in this relaxing class. Stretch, build strength, and support your respiratory system as you move to soothing music. All levels are welcome.
- Get to Steppin'** - Move your feet to the beat, with or without a step, and burn calories. This multi-level class is appropriate for all fitness levels. (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. Using 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 strong, active legs and an engaged core while using dumbbells for upper-body weight training. It improves lean muscle mass and builds strength throughout the body. Weights are optional, and all levels are welcome. (45 min.)
- Mat Pilates** - This Pilates workout focuses on increasing core strength, improving alignment, and creating more mind-body awareness using a variety of props.
- Meet Me at the Barre** - This total-body workout combines classic barre exercises with Pilates to improve balance, strength, and mind-body awareness. Suitable for all fitness levels.
- Rise and Ride** - 45 minutes of high-intensity and endurance cycling for all levels.
- Sculpt & Tone** - After a 10-minute warm-up, you’ll use weights, bands, and resistance balls to build a muscle-conditioning and strength-training workout that tones muscle and burns fat.
- Senior Cardio Sculpt** - This class uses low-impact intervals of 30 seconds of active exercise followed by 20 seconds of active rest to support heart health, energy, recovery, joint and bone health, and muscle toning. Some equipment may be used.
- Senior Strength** - A strength-based class for aging adults that uses a variety of exercises to meet you where you are and challenge you in an enjoyable way . The workout is designed to build muscular strength safely for any fitness level, from beginner to advanced.
- Senior Strength with Bands** - A low-impact, strength-based class to help build strength and stability. The class uses the barre in the cardio studio for modifications and resistance bands to increase overall intensity and muscular stability.
- STRONG Nation** – This class combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music specially designed to match every move. (45 min.)
- Yoga/Yoga Fit** - Learn basic yoga poses, effective stretching, breathing techniques, and the art of relaxation. These techniques serve as building blocks for a more advanced yoga practice, and modifications are provided for more advanced participants.
- Wake Up Yoga**- Start your day with a powerful yoga flow. We begin slowly to give the body time to acclimate, continue with strong standing postures to build strength, balance, and flexibility, and finish with a relaxing meditation. All levels welcome.
- Zumba** - High-energy aerobic class incorporating basic Latin steps and fitness.
- Zumba Gold** – Low-impact dance fitness with different styles of Latin flair. Perfect for beginners, all fitness levels, and active aging members.

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