



Indianapolis Healthplex
Group Fitness Class Schedule
Effective: December 4, 2019

GROUP FITNESS

Room Key:

R: Pilates Reformer

1: Group Fitness Studio #1

2: Group Fitness Studio #2

MB: Mind Body Studio

KZ: Kids Zone

New Time/Class

MB: Yoga

TC: Tennis Court

CF: Cardio Floor

FF: Fitness Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am 2: Indoor Cycling Emily	6:00-6:45am 2: Muscle Blast Tera	6:00-6:45am 2: Indoor Cycling Laurel	9:00-10:00am 1: BodyPump Ann	6:00-7:00am 1: BodyPump Emily	8:30 - 9:30am CF: Burn Zone Raquel	11:00-12:00pm 1: BodyPump Ann
9:00-10:00am 1: Fit/50 Marianne	9:00-10:00am 2: Combo Intervals Ellen	9:00-10:00am 2: Cardio Intervals Lori	10:30-11:30am 2: Low Impact Intervals Lori	9:00-10:00am 1: Fit/50 Marianne	9:00-10:00am 2: Indoor Cycling Emily	
9:00-10:15am 2: Strength Intervals Lori	10:00-11:00am MB: Resilience Yoga Inna	9:00-10:00am 1: Fit/50 Marianne	11:00-12:00pm MB: YogaReform Amy	9:00-9:30am 2: Spin - Triple Threat Ellen	9:30-10:30am 1: BodyPump Katie	
9:45-11:00am MB: Vinyasa Yoga Kelly	10:30-11:30am 2: Low Impact Intervals Lori	9:00-10:00am FF: Next Level Fit Katie	11:45-12:30pm 2: Core & More Brendon	9:30-10:15am MB: Pilates - Triple Threat Ellen	10:30-11:15am FF: Strictly Strength Brendon	
10:15-11:15am 1: Seniorcize Marianne	11:30-12:30pm MB: Stress Relief Yoga Angela	10:15-11:15am 1: Seniorcize Marianne	12:30-1:30pm 1: Arthritis Class Marva	10:15-11:00am MB: Yoga - Triple Threat Inna	11:15-12:00pm FF: Core & More Brendon	
11:00-11:45am 2: Strictly Strength Brendon	11:45-12:30pm 2: Core & More Brendon	11:00-12:00pm CF: Burn Zone Raquel	5:30-6:15pm 1: Next Level Fit Katie	9:30-10:15am FF: Strictly Strength Brendon	10:30-11:30am Court: Zumba Shelley	
5:30-6:00pm R: Intro to Pilates Reformer Ellen	5:30-6:30pm CF: Tread & Shred Raquel	5:00-5:45pm 2: H.I.I.T Tera	5:30-6:30pm 2: Indoor Cycling Emily	10:00-11:00am 2: Tai Chi Jennifer	10:30-11:30am 2: CardioKick Melinda	
5:30-6:30pm 1: BodyPump Katie	6:15-7:00pm MB: Zumba Sentao Shelley	5:30-6:30pm 1: BodyPump Ann	6:30-7:30pm 1: BodyPump Anita	10:15-11:15am 1: Senior Stretch Marva	10:45-11:45am 1: Tai Chi Mark	
5:30-6:30pm 2: Indoor Cycling Raquel	6:30-7:30pm 1: BodyPump Anita	5:30-6:15pm MB: Family Yoga Kelly	6:35-7:30pm 2: Zumba Shelley	12:30-1:30pm MB: Stress Relief Yoga Angela	11:00-12:15pm MB: Vinyasa Yoga Kelly	
6:30 - 7:30pm CF: Burn Zone Raquel	6:30-7:30pm 2: Zumba DeAndrea	6:30-7:45pm MB: Vinyasa Yoga Kelly	7:15-8:30pm MB: Stress Relief Yoga Angela		12:00-12:45pm TC: Burn Tennis Dell	
6:45-7:30pm 2: H.I.I.T Tera	7:30-8:15pm 2: Core & More Brendon	6:30-7:30pm 2: CardioKick Melinda				
7:00-7:45pm TC: Burn Tennis Dell						