



GROUP FITNESS

Indianapolis Healthplex
Group Fitness Class Schedule
Effective: June 1, 2019

Room Key:
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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 am 2: Indoor Cycling Emily	6:00-6:45 am 1: Muscle Blast Tera	6:00-6:45 am 2: Indoor Cycling Laurel	6:00-7:00 am MB: Yoga Amy	6:00-7:00 am 1: BodyPump Emily	9:00-10:00 am 2: Indoor Cycling Emily	11:00-12:00 pm 1: BodyPump Ann
9:00-10:00 am 1: Fit/50 Marianne	8:00-9:00 am 1: Body Pump *Class begins June 11*	9:00-10:00 am 2: Cardio Intervals Lori	9:00-10:00 am 1: BodyPump Ann	8:30-9:30 am 2: Indoor Cycling Megan	9:30-10:30 am 1: BodyPump Katie	12:00-1:00 pm 1: TurboKick Ann
9:00-10:15 am 2: Strength Intervals Lori	9:00-10:00 am 1: Combo Intervals Ellyn	9:00-10:00 am 1: Fit/50 Marianne	10:30-11:30 am 2: Low Impact Intervals Lori	9:00-10:00 am 1: Fit/50 Marianne	10:00-11:15 am MB: Vinyasa Yoga Kelly	
9:45-11:00 am MB: Vinyasa Yoga Kelly	10:00-10:45 am MB: Resilience Yoga Inna	10:00-11:00 am 2: Indoor Cycling Megan	11:00-12:00 pm MB: YogaReform Amy	9:00-10:30 am MB: Pilates Plus Ellyn	10:30-11:30 am Court: Zumba Shelley	
10:15-11:15 am 1: Seniorcize Marianne	10:30-11:30 am 2: Low Impact Intervals Lori	10:00-11:00 am 2: Level Up Fit *Class begins June 12*	11:45-12:30 pm 2: Core & More Brendon	9:30-10:15 am 2: Strictly Strength Brendon	10:30-11:30 am 2: CardioKick Melinda	
11:00-11:45 am 2: Strictly Strength Brendon	11:30-12:30 pm MB: Stress Relief Yoga Angela	10:15-11:15 am 1: Seniorcize Marianne	12:30-1:30 pm 1: Arthritis Class Marva	10:15-11:15 am 1: Senior Stretch Marva	12:00-12:45 pm TC: Burn Tennis Dell	
5:30-6:30 pm 1: BodyPump Katie	11:45-12:30 pm 2: Core & More Brendon	5:00-5:45 pm 2: H.I.I.T Tera	5:30-6:15 pm 1: Level Up Fit *Class begins June 13*	12:30-1:30 pm MB: Stress Relief Yoga Angela		
5:30-6:30 pm 2: Indoor Cycling Raquel	5:30-6:30 pm CF: Tread & Shred Raquel	5:30-6:30 pm 1: BodyPump Ann	5:30-6:30 pm 2: Indoor Cycling Emily			
6:45-7:30 pm 2: H.I.I.T Tera	6:15-7:00 pm MB: Zumba Sentao Shelley	5:30-6:15 pm MB: Family Yoga Kelly	5:30-6:00 pm KZ: Somersaults with Sarah Ages 2-3			
7:00-7:45 pm TC: Burn Tennis Dell	6:30-7:30 pm 1: BodyPump Anita	5:45-6:30 pm 2: Poundfit Reyna	6:15-7:00 pm KZ: Somersaults with Sarah Ages 4-7			
	6:30-7:30 pm 2: Zumba DeAndrea	6:30-7:45 pm MB: Vinyasa Yoga Kelly	6:30-7:30 pm 1: BodyPump Anita			
		6:30-7:30 pm 2: CardioKick Melinda	6:35-7:30 pm 2: Zumba Shelley			
		6:30-7:30 pm 1: Zumba Reyna	7:15-8:30 pm MB: Stress Relief Yoga Angela			