



May Wellness Schedule

La Porte

May 1st - May 31st

901 Michigan Avenue

La Porte, IN 46350

(219) 325-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Spinning® Spin Room Jessica C. 5:30am - 6:30am	Extreme Cut Lower Aerobics Room Jessica C. 5:30am - 6:30am	Spinning® Spin Room Jessica C. 5:30am - 6:30am	Extreme Cut Lower Aerobics Room Jessica C. 5:30am - 6:30am	Cycling Spin Room Jessica/ Patty 5:30am - 6:30am		
6am						Extreme Cut Lower Aerobics Room Jessica C. 6:30am - 7:30am	
8am	Zumba® Studio B Brianna B 8am - 8:45am		Zumba® Studio B Brianna B 8am - 8:45am			Aqua Zumba® Pool (Group) Debi B 8am - 8:45am	
						Cycling Spin Room Amber L 8:30am - 9:30am	
9am	High Fitness Studio B Jenna H 9am - 10am	Cardio Dance Studio B Tiffany C 9am - 10am	Upbeat Barre Studio B Jenna H 9am - 10am	Yoga Lower Aerobics Room Christie F 9am - 9:45am	Silver Splash®* Pool (Group) Bill B 9am - 10am		
	Silver Splash®* Pool (Group) Bill B 9am - 10am		Silver Splash®* Pool (Group) Bill B 9am - 10am		Cardio Dance Studio B Tiffany C 9am - 10am		
	Pilates Upper Aerobics Room Christie F 9am - 9:45am						
10am	Senior Stretch Pool (Group) Volunteer (Roger) 10am - 11am	Aqua Tae Bo Pool (Group) Amanda R. 10am - 11am	Senior Stretch Pool (Group) Volunteer (Roger) 10am - 11am	Aqua Tae Bo Pool (Group) Amanda R. 10am - 11am	Senior Yoga Upper Aerobics Room Bill B 10:15am - 11:15am		BodyPump (Les Mills) Lower Aerobics Room Ashleigh T 10:15am - 11am
	Chair Yoga Upper Aerobics Room Bill B 10:30am - 11:15am	Silver Sneakers® Studio B Bill B 10:30am - 11:30am		Meditation Lower Aerobics Room Christie F 10:15am - 10:45am			
				Silver Sneakers® Studio B Bill B 10:30am - 11:30am			
11am							CORE (Les Mills) Lower Aerobics Room Ashleigh T 11am - 11:30am
3pm				Spinning® Spin Room Morgan D 3:45pm - 4:45pm			
4pm	Cycling Spin Room Patty N 4:30pm - 5:30pm		Zumba® Toning Studio B Emily J 4:30pm - 5:30pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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5pm	Aqua Zumba® Pool (Group) Debi B 5:30pm - 6:30pm	BodyPump (Les Mills) Lower Aerobics Room Ashleigh T 5:30pm - 6:30pm	Aqua Zumba® Pool (Group) Debi B 5:30pm - 6:30pm	BodyPump (Les Mills) Lower Aerobics Room Ashleigh T 5:30pm - 6pm			
	Barre Studio B Janel & Jody 5:30pm - 6:30pm		Powercut Lower Aerobics Room Janel & Jody 5:30pm - 6:30pm				
6pm		Tae Kwon Do Upper Aerobics Room Joe L. 6pm - 8pm		CORE (Les Mills) Lower Aerobics Room Ashleigh T 6pm - 6:30pm			
				Tae Kwon Do Upper Aerobics Room Joe L. 6pm - 8pm			

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