



La Porte
March 6th - March 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	
7am		Aqua Tae Bo Pool (Group) Amanda R. 7am - 7:45am		Aqua Tae Bo Pool (Group) Amanda R. 7am - 7:45am			
				Yoga Lower Aerobics Room Christie F 7:45am - 8:45am			
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	Silver Splash® Pool (Group) Bill B 9am - 10am	Silver Splash® Pool (Group) Bill B 9am - 10am	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			Cardio Dance Studio B Tiffany C 9am - 10am		
10am	Senior Stretch Pool (Group) Volunteer (Roger) 10am - 11am	Silver Sneakers® Studio B Bill B 10:30am - 11:30am	Senior Stretch Pool (Group) Volunteer (Roger) 10am - 11am	Silver Sneakers® Studio B Bill B 10:30am - 11:30am	Senior Yoga Lower Aerobics Room Bill B 10:15am - 11:15am		BodyPump (Les Mills) Lower Aerobics Room Ashleigh T 10:15am - 11am
	Chair Yoga Studio B Bill B 10:30am - 11:15am			Meditation Lower Aerobics Room Christie F 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	Spinning® 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 Z 5:30pm - 6:30pm		Powercut Lower Aerobics Room Janel Z 5:30pm - 6:30pm				
6pm				CORE (Les Mills) Lower Aerobics Room Ashleigh T 6pm - 6:30pm			

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