



La Porte
April 1st - April 30th

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				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 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			Meditation Lower Aerobics Room Christie F 10:30am - 11:30am			

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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	MON	TUE	WED	THU	FRI	SAT	SUN
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				
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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Class Descriptions La Porte

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Aqua Zumba® - Aqua Zumba is a challenging and effective water-based workout that integrates a mixture of body-sculpting movements and dance moves to maximize fat burning and total body toning. We encourage the whole family to participate.

Barre - This class combines attributes of Pilates, dance, and functional fitness training. It incorporates small isolated movement to fatigue muscles, and large range motion to elevate heart rate. This results in a total mind and body workout.

BodyPump (Les Mills) - Fast-paced, barbell-based workout that's specifically designed to help you get lean, toned & fit. It uses a combination of motivating music, fantastic instructors & scientifically proven moves to help you achieve these targets more quickly.

Cardio Dance - Shake off the stress of your day at Cardio Dance that is appropriate for all skill levels.

CORE (Les Mills) - A scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

Cycling - Indoor group cycling on specifically-designed fixed-gear bicycles. Participants control their own intensity level, which makes group cycling great for people of all fitness levels.

Extreme Cut - This is an advanced class that involves using barbells and weights to achieve the ultimate resistance training workout. Come ready to get STRONG! We focus on gaining strength through classic weight principles.

Meditation - This class is designed for those who need to deeply relax and restore both body and mind.

Powercut - This is an innovative way to train using barbells and weights to the latest music. This powerful workout provides total body conditioning and toning to help you look and feel your best.

Senior Stretch - A water fitness class designed to enhance each individual's quality of life and daily function. A variety of exercises utilizing the physical properties of water. Will help you increase your agility, range of movement and cardiovascular conditioning.

Senior Yoga - This class will move your whole body through a complete series of seated, standing, and floor yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Silver Sneakers® - Based upon the idea of "fitness, fun, and friends," this class incorporates fun, social programming with an exercise program that enhances independent living skills. This low-impact fitness class is held in the aerobics room.

Silver Splash® - Based upon the idea of "fitness, fun, and friends," this class incorporates fun, social programming with an exercise program that enhances independent living skills. This low-impact fitness class is held in both the pool.

Spinning® - Indoor group cycling on specifically-designed fixed-gear bicycles. Participants control their own intensity level, which makes group cycling great for people of all fitness levels.

Tae Kwon Do - This program runs monthly

Yoga - Nourish your mind and body through Hatha Yoga progressions. This class introduces beginner participants to basic yoga postures and helps more advanced participants strengthen, improve balance, increase flexibility and calm the whole person.

Zumba® - This high-energy class incorporates unique dance moves to a fusion of Latin and international music that creates a dynamic and exciting workout. It is a mixture of body-sculpting movements with easy-to-follow dance steps.

Zumba® Toning - Zumba Toning is for people who do their workouts with toning sticks. It targets the abs, thighs, arms, and other muscles throughout the body. This type of Zumba class provides participants with a cardio workout and strength training.