



La Porte Branch Group Fitness 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		Aqua Zumba® Pool (Group) Barrie B 6am - 6:45am		Aqua Zumba® Pool (Group) Barrie B 6am - 6:45am			
8am	Zumba® Toning Studio B Barrie B 8am - 8:45am					Cycling Spin Room Amber L 8am - 9am	
						Aqua Zumba®* Pool (Group) Debi B 8am - 8:45am	
9am	Silver Splash®* Pool (Group) Bill B 9am - 10am	Zumba® Studio B Jody K 9am - 10am	Zumba® Studio B Brianna B 9am - 9:45am	Zumba® Studio B Brianna B 9am - 9:45am	Silver Splash®* Pool (Group) Bill B 9am - 10am	Boot Camp Upper Aerobics Room Jami H 9am - 10am	
	Zumba® Studio B Brianna B 9am - 9:45am		Silver Splash®* Pool (Group) Bill B 9am - 10am	Zumba® Studio B Brianna B 9am - 9:45am	Zumba® Studio B Jody K 9am - 10am		
				Yoga Lower Aerobics Room Christie F 9:45am - 10:45am			
10am	Senior Stretch Pool (Group) Volunteer (Roger) 10am - 11am	Silver Sneakers® Upper Aerobics Room Bill B 10:30am - 11:30am	Senior Stretch Pool (Group) Volunteer (Roger) 10am - 11am	Silver Sneakers® Upper Aerobics Room 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						
11am				Belly Dancing (Beginners) Lower Aerobics Room Maria S 11am - 12pm			CORE (Les Mills) Lower Aerobics Room Ashleigh T 11am - 11:30am
3pm				Spinning® Spin Room Morgan D 3:45pm - 4:45pm			
4pm		BodyPump (Les Mills) Lower Aerobics Room Ashleigh T 4:30pm - 5:30pm	Zumba® Toning Studio B Emily J 4:30pm - 5:30pm	Zumba® Studio B Janel Z 4:30pm - 5:30pm			
5pm	Barre Upper Aerobics Room Jody K 5:30pm - 6:30pm	Aqua Boot-Camp* Pool (Group) Mary Jane 5:30pm - 6:30pm	Powercut Upper Aerobics Room Jody K 5:30pm - 6:30pm	Aqua Boot-Camp* Pool (Group) Mary Jane 5:30pm - 6:30pm			

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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	MON	TUE	WED	THU	FRI	SAT	SUN
		Zumba® Studio B Barrie B 5:30pm - 6:15pm	GRIT (Les Mills) Studio B Ashleigh T 5:30pm - 6pm	BodyPump (Les Mills) Lower Aerobics Room Ashleigh T 5:30pm - 6pm			
				Circuit+ Upper Aerobics Room Volunteer (Andy) 5:30pm - 6:30pm			
6pm	Yin Yoga Lower Aerobics Room Naoko S 6pm - 7pm		CORE (Les Mills) Studio B Ashleigh T 6pm - 6:30pm	CORE (Les Mills) Lower Aerobics Room Ashleigh T 6pm - 6:30pm			
			Mindfulness Lower Aerobics Room Naoko M 6pm - 7:15pm				

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Class Descriptions La Porte

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- Aqua Boot-Camp*** - This is an advanced workout in the pool that combines weights and noodles to incorporate water resistance cardio exercises.
- 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.
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- 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.
- Belly Dancing (Beginners)** - Middle eastern dance is a marvelous physical & emotional experience. It frees you from everyday routine. It gives you an opportunity to acquaint yourself with you body. Men are welcome as many famous belly dancers throughout the decades were men.
- 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.
- Boot Camp** - This is a intense workout, so be ready to be pushed to new limits! Instructors use a variety of fast-paced conditioning exercises to help you reach your fitness goal.
- Circuit+** - Medium-paced exercise rotation with 30 second - 1 minute intervals. Challenging interval sequences with high & low intensity levels. Building cardiovascular fitness while improving muscular strength and endurance.
- 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.
- GRIT (Les Mills)** - Strength based, 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.
- Mindfulness** - 30 minutes of body weight workout, followed by yoga, and then Zen style meditation.
- 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.
- Yin Yoga** - Yin Yoga is composed of seated and lying down poses with an emphasis on relaxing the muscles, stretching the connective tissue around the joints and encouraging mental calmness. Poses are held anywhere from 1-4 minutes. ** 90 Min Yoga end of Month!
- 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.