



La Porte Group Fitness Schedule (rev.
20230102.1)
La Porte
January 2nd - January 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® Toning Studio B Barrie 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	Cardio Dance Studio B Tiffany C 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		
			Silver Splash® Pool (Group) Bill B 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						
11am							CORE (Les Mills) Lower Aerobics Room Ashleigh T 11am - 11:30am
3pm				Spinning® Spin Room Morgan D 3:45pm - 4:45pm			
4pm			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			

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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6pm

MON	TUE	WED	THU	FRI	SAT	SUN
Barre Studio B Janel Z 5:30pm - 6:30pm		Powercut Lower Aerobics Room Janel Z 5:30pm - 6:30pm				
			CORE (Les Mills) Lower Aerobics Room Ashleigh T 6pm - 6:30pm			

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