


**Park Place Group Fitness Schedule** (updated 4/17/12)

|            | Monday                                     | Tuesday                                     | Wednesday                                  | Thursday                                    | Friday  | Saturday  | Sunday            |
|------------|--|---|--|---|---|---|-------------------|
| 6:30 A.M.  |  |   |  |   |   |  |                   |
| 7:00 A.M.  |  |   |  |   |   |   |                   |
| 8:00 A.M.  |  |   |  |   | Vinyasa Flow Yoga (LAL)   | Water Variety (KR)  | Max Interval (LL) |
| 8:40 A.M.  |  | Jazzercise*                                 |  | Jazzercise*                                 |   | 15 Minute Abs (Ac)  |                   |
| 9:00 A.M.  | Aqua Fit (KR)                              | Wet N Wild (KR)<br>Sr. Aerobics** (MS-HTSC) | Aqua Fit (KR)                              | Wet N Wild (KR)<br>Sr. Aerobics** (MS-HTSC) | Aqua Fit (LK)   | Spinning (Ac)<br>Bailemos (JR)<br>Water Combo** (KR)                                | Zumba! (SC)       |
| 9:15 A.M.  | Spinning (LR)                              | Muscle Pump (LB)                            |  | Muscle Pump (LB)                            | Spinning (CT)<br>Zumba (AC)   |   | Spinning (Staff)  |
| 9:30 A.M.  | Zumba (AC)                                 |   | Cardio Interval (CT)                       |   |   |   |                   |
| 10:00 A.M. | 15 min Aqua Belly Busters (KR)             | Aqua Tai Chi Fusion (KR)                    | 15 min Aqua Belly Busters (KR)             | Aqua Tai Chi Fusion (KR)                    | Water Arthritis (LK)  |   |                   |
| 10:15 A.M. | Pilates (LB)                               |   |  |   | Pilates (LB)  |   |                   |
| 10:30 A.M. |  |   |  |   |   |   | Jazzercise *      |
| 11:00 A.M. |  |   | Zumba Gold** (Park Place - KR)             | Stretch-n-Grow* (11:10-11:40)               | Zumba Gold** (Park Place-KR)<br>Aqua Arthritis Strength Training (LK) | Zumba Gold** (HTSC-KR)  |                   |
| 12:00 P.M. | Water Arthritis (LK)                       |   | Water Arthritis (LK)                       |   |   |   |                   |
| 4:15 P.M.  | TNT* (Mike S.)                             |   | Jr Jazzercise*                             |   |   |   |                   |
| 5:15 P.M.  | Jazzercise*                                |   | Jazzercise*                                |   | Jazzercise*   |   |                   |
| 5:30 P.M.  |  | Aqua Fit (KR)<br>Bailemos (JR)              |  | Aqua Zumba (KR)                             |   |   |                   |
| 6:00 P.M.  | Spinning                                   |   | Spinning (LH)<br>Zumba (SC)                |   |   |   |                   |
| 6:15 P.M.  | Step Aerobics (LB)<br>Hatha Yoga* (RC-HGB) | Max Interval (LL)                           |  |   |   |   |                   |
| 6:30 P.M.  |  | Spinning (LR)                               |  |   | Pilates (TD)  |   |                   |
| 7:00 P.M.  | Muscle Pump (LB)                           |   | Muscle Pump (CT)<br>Vinyasa Yoga* (TD-HGB) | Step & Sculpt (CT)                          |   |   |                   |
| 7:15 P.M.  |  | Pilates (TD)                                |  |   |   |   |                   |
| 7:30 P.M.  |  |   |  |   |   |   |                   |

**\* classes with an asterisk are registration classes**

**\*\* classes with two asterisks are not included in the all-inclusive membership**

KR - Karen. LAL - LeAnn Lo. LR - Laura. AC - Alicia. LB - Lisa. LK - Lynn. MS - Marti. JR - Juan. Ac - Adriana  
LL - Leanne La. TD - Tracie. SC - Stephani. CT - Cathy. LH - Larry H. RC - Renee.

HGB - Hoosier Grove Barn HTSC - Hanover Township Senior Center