

GROUP FITNESS SCHEDULE

MONDAY

5:30 a.m.	AMBER	Hustle, Muscle, and Core
5:30 a.m.	JOE	Cycle
6:30 a.m.	CASSITY	Surge Fit
7:30 a.m.	STEVE	Tabata
8:30 a.m.	GAE	Strictly Strength
8:30 a.m.	LYNDESEY	Cycle
8:30 a.m.	TIFFANY	Barre Fusion
9:30 a.m.	JENNY	Aqua Kickboxing and Core
9:30 a.m.	LYNDA	Yoga
9:30 a.m.	ALI	Zumba®
9:30 a.m.	JULIE	Cardio Strength Interval
10:30 a.m.	JENNY	Aqua HIIT
10:30 a.m.	INGRID	SilverSneakers® Classic
10:30 a.m.	EILEEN	Strictly Strength
10:30 a.m.	ELSA	Yoga
11:30 a.m.	LAURA	SilverSneakers® Stability
11:30 a.m.	JENNY	Stretch & Flex
11:30 a.m.	ELSA	Aqua Mix
12:00 p.m.	JULIE	Strength and Stretch
1:00 p.m.	INGRID	Zumba Gold®
4:30 p.m.	JENNY	Total Body Conditioning
5:00 p.m.	KYLEY	Step Strength
6:00 p.m.	EMMA	High Fit Low Fit
6:00 p.m.	DAVID	Cycle
7:00 p.m.	ELSA/EILEEN	Yoga
7:00 p.m.	JAN	Zumba®

TUESDAY

5:30 a.m.	COURTNEY	Cycle
5:30 a.m.	MEGAN	Cardio Strength Interval
7:30 a.m.	EMMA	Barre Fusion
7:30 a.m.	JOY	Yoga
8:30 a.m.	SIMONA	Yoga
8:30 a.m.	MIMI	Cardio Strength Interval
8:30 a.m.	JULIE	Zumba®
8:30 a.m.	COURTNEY	Cycle
9:30 a.m.	JILLIAN	Aqua Mix
9:30 a.m.	ANDREA	Pure Stretch
9:30 a.m.	JOSEPHINE	SilverSneakers® Circuit
9:30 a.m.	NATALIE	HIGH Fitness
10:30 a.m.	JILLIAN	Aqua Strength
10:30 a.m.	JOSEPHINE	SilverSneakers® Circuit
10:30 a.m.	NATALIE	Upbeat Strength
10:30 a.m.	ANDREA	Strictly Strength and Balance
11:30 a.m.	GRETCHEN	Beginner Yoga
12:00 p.m.	DEBBIE M	Sweat & Stretch
5:00 p.m.	ANDREA	Strictly Strength
6:00 p.m.	ANDREA	Cycle
6:00 p.m.	TAMMY	Barre Blend
6:00 p.m.	MARY	Aqua Strength
7:00 p.m.	MARY	Zumba®

WEDNESDAY

5:30 a.m.	DEBBIE M	Strictly Strength
5:30 a.m.	ROB	Cycle
6:30 a.m.	DEBBIE M	Cardio Endurance
7:30 a.m.	LYNDESEY	Cardio Strength Interval
8:30 a.m.	SIMONA	Yoga
8:30 a.m.	DEBBIE M	Step
8:30 a.m.	COURTNEY	Cycle
8:30 a.m.	TIFFANY	Barre Fusion
9:30 a.m.	JENNY	Aqua Bootcamp
9:30 a.m.	COURTNEY	Express Cycle
9:30 a.m.	DEBBIE H	Strictly Strength
9:30 a.m.	MIMI	Power Pilates
9:30 a.m.	DEBBIE	Cardio Strength Interval
10:30 a.m.	JENNY	Aqua Strength
10:30 a.m.	GRETCHEN	Extended Gentle Yoga
10:30 a.m.	DEBBIE H	SilverSneakers® Classic
10:30 a.m.	EILEEN	Strictly Strength
11:30 a.m.	JAN	SilverSneakers® Boom Move
11:30 a.m.	JULIE	Aqua Mix
12:00 p.m.	ELSA	Strength and Stretch
12:30 p.m.	JULIE	Active Mobility Stretch
5:00 p.m.	TAMMY	Strictly Strength
5:00 p.m.	ANDREA	Yoga
6:00 p.m.	ANDREA	Pure Stretch/AB Lab
6:00 p.m.	TAMMY	Cardio Strength Interval
7:00 p.m.	JULIE	Zumba®
7:00 p.m.	ALEXA	Extended Yoga

Carmel • Clay
Parks & Recreation

NOTE:

Schedule is subject to change. Visit SAAS for most up-to-date info.



REQUIRED:

Online reservations required through SAAS. Reservations begin 48 hours in advance. Scan the QR code above to view schedule & reserve your spot.

CLASS TIMES:

- Classes are 50 minutes unless otherwise noted.
- Express classes are 30 minutes.
- Extended Classes are 65-85 minutes.

MCC HOLIDAY

SCHEDULE:

Please reference carmelclayparks.com



THURSDAY-SUNDAY

GROUP FITNESS SCHEDULE

THURSDAY


5:30 a.m. COURTNEY 
Cycle

5:30 a.m. MEGAN 
Cardio Strength Interval

6:30 a.m. DEBBIE M 
Strictly Strength

7:30 a.m. JOY 
Yoga

7:30 a.m. SYDNEY 
Barre Fusion

NEW 8:30 a.m. SYDNEY/ALLISON 
Upbeat Strength

8:30 a.m. ALI 
Zumba®


8:30 a.m. ANDREA 
Cycle

8:30 a.m. GAE 
Mat Pilates

9:30 a.m. ELSA 
Aqua Tabata Express

9:30 a.m. ALLISON 
HIGH Fitness

9:30 a.m. KAT 
Yoga

9:30 a.m. ANDREA 
Express Ab Lab

10:30 a.m. ELSA 
Aqua Mix

10:30 a.m. KAT 
Gentle Yoga

10:30 a.m. ALEXA 
Power Yoga

10:30 a.m. DEBBIE 
Cardio Strength Interval

11:30 a.m. KAT 
Aqua Strength

11:30 a.m. LAURA 
SilverSneakers® Stability

12:00 p.m. DEBBIE M 
Sweat & Stretch

12:30 a.m. LAURA 
SilverSneakers® Yoga

1:00 p.m. INGRID 
Zumba Gold®

5:00 p.m. KYLEY 
High Yo Fit

6:00 p.m. TAMMY 
Barre Blend

6:00 p.m. KRISTEN 
Strictly Strength

7:00 p.m. ALEXA 
Extended Yoga

FRIDAY

5:30 a.m. AMBER 
Cardio Strength Interval

5:30 a.m. KIM 
Cycle

7:30 a.m. DEBBIE M 
Strictly Strength


7:30 a.m. STEVE 
Tabata


8:30 a.m. CASSITY 
Power Surge


8:30 a.m. DEBBIE H 
Power Pilates

8:30 a.m. DEBBIE M 
Cardio Strength Interval


8:30 a.m. LYNDSEY 
Cycle

9:30 a.m. KAT 
Aqua Tabata

9:30 a.m. GRETCHEN 
Gentle Yoga

9:30 a.m. JULIE 
Hustle, Muscle, and Core

9:30 a.m. JOSEPHINE 
Cardio Dance

10:30 a.m. ALI 
Aqua Zumba®

10:30 a.m. KIMI 
HIGH Fitness

10:30 a.m. JULIE W 
Pure Stretch

10:30 a.m. JOSEPHINE 
SilverSneakers® Circuit

11:30 a.m. INGRID 
SilverSneakers® Classic

12:00 p.m. GRETCHEN 
Yoga Lab

12:00 p.m. ALI 
Circl Mobility Express

12:30 p.m. ALI 
Zumba® Gold

5:00 p.m. EMMA 
Upbeat Strength


SATURDAY

7:30 a.m. EMMA 
Barre Fusion

8:30 a.m. ANDREA 
Cycle

8:30 a.m. DEBBIE H 
Step

8:30 a.m. KRISTEN 
Turbo Kick

9:30 a.m. DEBBIE H 
Strictly Strength

9:30 a.m. DEBBIE M 
Sweat and Stretch

9:30 a.m. KIM 
Yoga

10:30 a.m. JULIE 
Zumba®


10:30 a.m. KIM 
Power Yoga

10:30 a.m. DEBBIE M 
Strictly Strength

SUNDAY

8:30 a.m. LYNDSEY 
Cycle

8:30 a.m. KAT/KIM 
Gentle Yoga

9:30 a.m. KAT/KIM 
Extended Yoga

10:30 a.m. BRITTANY 
Barre Blend

11:30 a.m. LYNDSEY 
Cardio Strength Interval