



**McCordsville September 2024**

**Hours of operation: Monday-Friday 5:30 a.m. - 9:00 p.m.; Sat 7:00 a.m. - 5:00 p.m.; Sun 8:00 a.m. - 5:00 p.m.  
 Jungle Club Hours: Monday-Friday 8:00am-1:00pm and 4:00pm-8:00pm | Saturday and Sunday 8:00am-Noon**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45-6:30 a.m. Rise and Ride Ashley		5:45-6:30 a.m. Rise and Ride Ashley		
	9:00-9:45 a.m. Ain't No Body Like a Cardio Body Tori			8:00-9:00 a.m. Wake Up Yoga Greta (education room)	8:00-9:00 a.m. Cycling Jen
9:00-10:00 a.m. Beginner Cycling Greta	9:15-10:00 a.m. Cycling Greta	9:00-10:00 a.m. Cycling Terri	9:00-10:00 a.m. Beginner Cycling Greta	9:15-10:15 a.m. Cycling Greta	9:00-10:00 a.m. Buns & Guns Janette
9:00-9:45 a.m. Barre Fight Janette	9:00-9:45 a.m. H.I.I.T 2B FIT Terri	9:00-9:45 a.m. Sculpt & Tone Janette	9:00-9:45 a.m. H.I.I.T 2B FIT Terri	9:00-9:45 a.m. Move & Groove Janette	9:30-10:30 a.m. STRONG Nation Reyna
10:00-10:45 a.m. Iron Yoga Greta	10:00-10:45 a.m. Yoga Fit Terri	10:00-10:45 a.m. Mat Pilates Janette	10:00-10:45 a.m. Yoga Fit Terri	10:00-11:00 a.m. Meet Me at the Barre Janette	10:30-11:30 a.m. Zumba Reyna
11:00-11:45 a.m. Zumba Gold Elizabeth	11:00-11:45 a.m. Senior Strength Paul	11:00-11:45 a.m. Senior Cardio Sculpt - Paul	11:00-11:45 a.m. Senior Strength with Bands - Paul	11:00-12:00 p.m. Chair Yoga Kay (education room)	
	12:00-12:45 p.m. Balance & Mobility Kay (education room)		Meet Me at the Barre 4:30-5:15 p.m. Janette		
5:30-6:15 p.m. Buns & Guns Janette	5:30-6:15 p.m. Zumba Marielle		5:30-6:15 p.m. Zumba Reyna		
6:15-7:00 p.m. Endure the Burn Beth (cycling)	6:15-7:15 p.m. Gentle Yoga Kay (education room)	6:00-7:00 p.m. Cycling Beth	6:15-7:15 p.m. Gentle Yoga Kay (education room)		
6:30-7:30 p.m. Mat Pilates Janette	6:30-7:30 p.m. Barre Fight Janette	6:15-7:00 p.m. Sculpt & Tone Tori	6:30-7:30 p.m. STRONG Nation Reyna		
Please allow a 15-minute window prior to the listed class start time for class set up. Also allow a 15-minute window after the listed class end time to allow for cleaning and equipment storage. This is especially true for classes held in the basketball court.					
Aquatic Classes					
		9:00-9:45 a.m. Aqua Walk Judy			
	9:00-10:00 a.m. Aqua Tabata Marianne	9:45-10:15 a.m. Aqua Core Judy	9:00-10:00 a.m. Aqua Fit Tori	9:15-9:45 a.m. Aqua Core Tori	9:00-10:00 a.m. Aqua Tabata Jeanette
10:00-11:00 a.m. Aqua Tabata TBA	10:15-11:00 a.m. Aqua Yoga Kay	10:15-11:00 a.m. Aqua Walk Judy	10:15-11:00 a.m. Aqua Yoga Kay/Greta	9:45-10:45 a.m. Aqua Tabata Tori	10:15-11:00 a.m. Aqua Yoga Jeanette
Please allow 15 minutes to transition the pool from an aqua class environment back to a lap pool.					
	6:00-6:45 p.m. Aqua Zumba Mary	6:00-6:45 p.m. Aqua Tabata Jeanette	6:00-6:45 p.m. Aqua Zumba Mary		
		7:00-7:45 p.m. Aqua Yoga Jeanette			

Active Aging	Strength	Mind, Body and Spirit	Cardio	Members of all levels are welcome. Dates, times, class configurations and instructors are subject to change. The most accurate information regarding our classes is located in the "Hancock Wellness" app. Please use the app to register for the group exercise classes.
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**Ain't No Body Like a Cardio Body** - Join Tori for a 45-minute cardio workout to torch those calories! Two exercises, three rounds of each and one minute to rest and learn the movements for the next round. All you need is your body and a mat.

**Aqua Tabata**- A HIIT(High Intensity Interval Training) in the water. Participants use maximal effort for 20 seconds and recover for 10 seconds for 8 rounds of work. Resistance equipment may or may not be used. All levels can benefit from this class.

**Aqua Fit**- This invigorating class held in the pool improves cardio conditioning, muscular strength, and endurance using resistance of the water to give you a safe, effective, fun and “no sweat” workout all without pounding your joints.

**Aqua Core** – This 30-minute is focused on strengthening your midsection.

**Aqua Yoga** – Learn ways to stretch, move and enjoy your body in the support of our 92-degree therapeutic pool. This class uses basic yoga poses adapted for the water. Aqua yoga is super low impact, as the buoyant effect of the water takes pressure off the joints, alleviating pain or discomfort. Sooth away joint and muscle pain and relieve stress in this therapeutic aquatic class.

**Aqua Walking and Conditioning** – This one’s all cardiovascular! Come join us for a low impact water walk with a combination of other mixed in cardiovascular exercises. (45 min.)

**Aqua Zumba** - A low-impact, high-energy aquatic exercise class with less impact on your joints, so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

**Balance & Mobility** - Maintaining balance and mobility is essential to aging successfully. This class provides a structured approach to balance and mobility that may reduce risks factors that contribute to falls and diminished day to day activities. Have fun with friends in a group setting as your balance knowledge grows! (45 min)

**Barre Fight**- When the graceful world of barre meets the athleticism of kickboxing, the results are hot! We will work on our cardiovascular endurance while we punch & kick with precision. Then we will strengthen and sculpt with barre work and Pilates for a full body workout you don't want to miss.

**Beginner Cycle**- Beginner Cycle is recommended for those who are new to Cycling. Riders will learn how to set up their bike, hand positions, and body positions on the bike. You will learn to monitor exercise intensity and use resistance and cadence to vary your workout in intensity. This is a 30-minute ride through a series of skill sets. Active ride begins at 9:15 am.

**Buns & Guns** – We'll be using bands and dumbbells to sculpt & strengthen the upper & lower body in this 45-minute workout. This class is suitable for all levels of fitness.

**Cardio Sculpt** – This total body workout will include 7-8 rounds with 2 movements in each round. One movement will be cardio, followed by a strength movement. Elevate your heart rate and tone your body in this great workout.

**Chair Yoga** - Move with ease and fluidity to improve flexibility, strength, increased circulation, and balance. The chair provides a base to feel comfortable and improve relaxation as you progress through the movements. Feel relaxed, rejuvenated and strong!

**Cycling** - Ride into high gear with this incredible and exhilarating stationary bike class. Instructors will show you various intensity options. Class is open to all levels.

**Endure the Burn Cycle** -45 minutes of high intensity, strength and endurance cycling for all levels. Can you endure the burn?

**Gentle Yoga** - Improve and maintain your balance and flexibility in this relaxing class. Stretch, gather strength, and improve your respiratory system as you move to soothing music. All levels of experience are welcome!

**H.I.I.T 2B FIT** - This class combines light and heavy resistance training with a complete cardiovascular workout in just 45 minutes. With the use of dumbbells, step blocks, and resistance balls, expect to keep your heart rate elevated and your muscles pumping.

**Iron Yoga** - Iron yoga combines yoga poses with the legs strong and active and the core engaged, while utilizing dumbbells for upper body weight training. Iron yoga improves lean muscle mass and builds strength throughout the entire body. Weights are optional in this all-levels yoga class. (45 min)

**Mat Pilates**- This Pilates workout focuses on increasing strength in the core, improving alignment and creating more mind body awareness using a variety of props.

**Meet Me at the Barre** - Meet me at the barre for this total body workout. We will combine classic barre exercises with Pilates to improve balance, strength and mind body awareness. This class is suitable for all fitness levels.

**Move & Groove** – Dance up a storm and burn off the calories in this fun cardio class. Bring your water bottle and your dancing shoes for this low-impact workout that is suitable for all fitness levels. (45 min)

**Rise and Ride**-45 minutes of high intensity and endurance cycling for all levels

**Sculpt & Tone** - No cardio segment here. After a 10 min. warm up, you will use weights, bands and resistance balls to create a muscle conditioning and strength training workout that will tone muscle and burn fat!

**Senior Cardio Sculpt** - Senior Cardio Sculpt consists of low impact intervals of 30 seconds of active exercise immediately followed by 20 seconds of active rest. Through this format, the exercises encourage heart health, energy increases, better recovery, joint and bone health, and muscle toning. Some equipment will be used during class.

**Senior Strength** - A strength-based class for aging adults that uses a variety of exercises to meet you where you're at and challenge you in the most enjoyable way possible. The workout is designed to encourage muscular strength and growth in a safe manner for any fitness level from beginner to advanced. Each week will vary to keep the workout fresh, fun, and the body guessing.

**Senior Strength with Bands** - Senior Strength with Bands is a low impact, strength-based class to help build strength and stability in the body. The class utilizes the barre in the cardio studio to help modify exercise and resistance bands to increase the overall intensity and muscular stability of the exercises.

**STRONG Nation** – This class combines body weight, muscle conditioning and cardio, and plyometric training moves synced to original music that has been specially designed to match every single move. (45 mins)

**Yoga/Yoga Fit** - Class is designed to learn the basic Yoga poses, effective stretching, breathing techniques, and the art of relaxation. The basic techniques can be used as building blocks for a more advanced Yoga practice. Modifications will be given if participants are more advanced.

**Wake Up Yoga**- Looking for a great way to start your day? Try starting with a powerful yoga flow. In Wake-up Yoga we start slow, giving the body time to acclimate to movement. We will continue with a series of powerful standing postures strengthening the entire body and boosting balance and flexibility. Yoga gives you a natural serotonin boost, think happy body chemicals, and taking class in the morning helps keep those brain chemicals humming all day long. We end class with a relaxing meditation. All levels welcome.

**Zumba** - High energy aerobic class incorporating basic Latin steps & fitness.

**Zumba Gold** – Low-impact dance fitness class that includes different styles of Latin flair. Perfect for beginners, all fitness levels and active aging members.

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