

# Summer 2010 Group Fitness

Effective July and August, 2010

## Sunday

12:15 Strictly Strength  
Debbie H/Kara

1:15 Power Pilates  
Debbie H/Kara

## Monday

8:30 Step it Up  
Debbie W

9:00 Power Pilates  
Mary

9:30 Rock Bottom  
Debbie W

10:00 Cycling  
Mary

4:30 Total Body Conditioning  
Stephanie

5:30 Amazing Abs  
Rochelle

6:00 Mat Pilates  
Rochelle

6:30 Outdoor Boot Camp  
Joy

7:00 Zumba \$\$\$  
Brenda

8:00 Yoga  
Susan

## Tuesday

5:30 Strictly Strength  
Debbie W.

8:30 Cardio Mix  
Mimi

9:30 Strictly Strength  
Amy

10:30 Low Impact  
Kim

11:45 Cross Trainer  
Allie

4:30 Interval  
Debbie H

5:30 Stability Ball  
Carol

6:00 Strictly Strength  
Carol

6:30 Cycling  
Joy

7:00 Turbokick  
Amy

7:30 Amazing Abs  
Joy

## Wednesday

8:30 Total Body Conditioning  
Sharon

9:00 Power Pilates  
Mimi

9:45 Cycling  
Staff

10:00 Yoga  
Stephanie

10:30 Basic Strength  
Mimi

5:30 Amazing Abs  
Debbie H

6:00 Interval  
Debbie H

6:00 Pilates/Yoga Fusion  
Carol

6:30 Cycling  
Robbyn

6:30 Outdoor Boot Camp  
Joy

7:00 Zumba \$\$\$  
Brenda

8:00 Beg. Tai Chi \$\$\$  
Jining

8:00 Yoga  
Susan

## Thursday

5:30 Cross Trainer  
Allie

8:30 TurboKick  
Amy

9:30 Strictly Strength  
Amy

11:30 Gentle Yoga  
Dona

11:45 Cross Trainer  
Allie

4:30 Exercise with Arthritis  
Betsy

4:30 Power Pilates  
Debbie H

5:30 Stability Ball  
Carol

6:00 Strictly Strength  
Carol

6:00 Mat Pilates  
Kara

7:00 Cycle  
Kara

7:00 Yoga  
Stephanie

## Friday

8:30 Total Body Conditioning  
Stephanie

9:30 Yoga  
Stephanie

9:30 Interval  
Mimi

11:00 Zumba \$\$\$  
Brenda (JULY ONLY)

## Saturday

8:00 Step it Up  
Debbie H

8:30 Cycling  
Robbyn

9:00 TurboKick  
Rachel

9:00 Strictly Strength  
Amy/Debbie W

10:00 Pilates/Yoga Fusion  
Carol



\$\$\$ = Fee required; NOT included in unlimited group fitness pass.

Carmel Clay Parks & Recreation

Questions or comments?  
Contact Lindsay Willard  
Phone: 317.573.5249  
Email: [lwillard@carmelclayparks.com](mailto:lwillard@carmelclayparks.com)

All classes and instructors are subject to change. Cancellations may occur due to low participation.