



2025 SPIN CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 - 6:30 AM					
12:10-12:45PM	Spin w/Zach	Spin w/Craig	Spin w/Zach	Spin w/Craig	
1:00 – 4:30 PM					
4:30 - 5:15 PM					
5:30 - 6:15 PM					

Call 812-238-7311 or e-mail: clunsford@union.health

Classes are FREE for members

For non-members: \$5.00 per class



2025 GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00–7:50 am					
8:00-8:50 am	Step Aerobics (Hannah/Maci)	Cardio Blast (Zach)	Tone Time (Carrie)	Cardio Blast (Zach)	Step Aerobics (Maci)
9:00–9:50 am	Butts & Guts (Zach)	Pilates Strength (Carrie)	Pilates Flexibility (Carrie)	Power Pilates (Carrie)	Power Circuit (Carrie)
10:00-10:50 am		Easy Flow Yoga (Leah)	Mobility (Zach)	Easy Flow Yoga (Leah)	Strength & Length (Carrie)
11:00-11:50 pm	Senior Circuit (Maci)	Silver Sneakers Classic (Maci)	Senior Circuit (Maci)	Silver Sneakers Classic (Maci)	Senior Circuit (Maci)
12:10-12:50 pm	Cardio Bands (Maci)	Tabata (Carrie)	Cardio Bands (Maci)	Tabata (Carrie)	Cardio Bands (Maci)
1:00 - 1:30 pm					
4:15 - 5:15 pm	Total Body (Carrie)	Yoga - Class Choice (Leah)	Total Body (Maci)	Yoga - Class Choice (Leah)	

Classes are subject to changes or cancellations

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