

JIM DAILEY FITNESS & AQUATIC CENTER

Aerobics Schedule

Effective February 1, 2014



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	6:00AM to 7:00AM	Step Aerobics Bill	Body Sculpt Bill	Step Aerobics Bill	Body Sculpt Bernice	Step Aerobics Bill
	6:30AM to 7:00AM	Yoga Wesley	ABs & Buns LaWanna	Intermediate Yoga Wesley	ABs & Buns LaWanna	Yoga Wesley
	7:00AM to 7:30AM					
	9:00AM to 9:30AM	Turbo Kick LaWanna	Zumba LaWanna	Body Clinic Ernest	Zumba LaWanna	Step Aerobics Ernest
	9:30AM to 10:00AM	Hardcore ABs Kim				
Midday	10:15AM to 11:00AM	Seniorcise Aerobics Deede		Seniorcise Aerobics Deede	Seniorcise Aerobics Deede	8:30 AM - 9:30AM Body Conditioning Ernest
	11:00AM to 11:30AM	Seniorcise Weights Kim		Seniorcise Weights Lee	Seniorcise Weights Shawnie	
	11:30AM to 12:00PM	Seniorcise Stretch /Tone Kim		Seniorcise Stretch /Tone Lee	Seniorcise Stretch /Tone Shawnie	
Evening	4:00PM to 4:30PM				Hardcore ABs Shadae	
	4:15PM					<ul style="list-style-type: none"> Class/Instructors are subject to change. Schedule can be found online at www.lrpr.org. Class must have a minimum of 3 participants within the first 10 minutes in order to be taught.
	4:30PM to 5:00PM		C.R.T. Kim Beginner Body Sculpt Ryan	Hip-Hop Combo LaWanna	C.R.T. Kim Beginner Body Sculpt Ryan	
	5:15PM to 6:00PM	Boot Camp Terrence/Staff	Extreme Turbo Kim Body Conditioning Staff	Body Sculpt Kim Boot Camp Terrence/Staff	Turbo Kick LaWanna Body Conditioning Staff	
	6:00PM to 7:00PM	Step Aerobics Darrell Intermediate Yoga Wesley	Step & Weight/Combo Beverly Pilates Fusion (30 min) Ryan	Zumba LaWanna	Hoopng & Step/Combo Beverly Yoga Wesley	



Body Conditioning will take the place for any class when another Instructor is asked to fill in and is unqualified to teach that class.