

JIM DAILEY FITNESS & AQUATIC CENTER

October Aerobics Schedule

Phone: 501-664-6976

Effective October 1, 2015



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Morning	6:00AM to 7:00AM	Step Aerobics Bill	Cardio Sculpt Bernice	Step Aerobics Bill	Body Sculpt Bernice	Step Aerobics Bill	8:30 AM - 9:30AM Body Conditioning Ernest	
	6:30AM to 7:30AM	Yoga Wesley		Yoga Cee Cee		Yoga Melissa		
	9:00AM to 10:00AM	TOUR for the CURE! James	Zumba LaWanna	Body Clinic Ernest	Zumba LaWanna	Total Body Blitz James		
Midday	10:15AM to 11:00AM	Seniorcise Aerobics Staff		TOUR for the CURE! Staff	Therapeutic Recreation LaWanna (10:30am-11:15am)	Seniorcise Aerobics Kim		
	11:00AM to 11:30AM	Seniorcise Weights James		Seniorcise Weights Lee		Seniorcise Weights Kim		
	11:30AM to 12:00PM	Seniorcise Stretch /Tone James	Slow Vinyasa Yoga Tyler	Seniorcise Yoga Cee Cee	Slow Vinyasa Yoga Tyler	Seniorcise Stretch /Tone Kim		
	12:30PM						THIS MONTH! October: TOUR for the CURE- Join the Fitness Team as we challenge our Members to help us walk 250 MILES for Breast Cancer Awareness Month! Dodgeball Sign-Up Deadline!- Saturday, October 16th is the last day to sign up your team! Bootcamp- Bootcamp returns Monday, October 26th!	
Evening	4:45PM to 5:15PM		Beginner Body Sculpt Ryan		Beginner Body Sculpt Ryan			
	5:00PM	HIIT Ryan		UP YOUR SPORTS (Dodgeball) Ryan				
	5:15PM to 6:00PM	Beginner Circuit Training Tyler (5:15pm-6pm)	Total Fit Sterling TOUR for the CURE! Ryan	Beginner Circuit Training Tyler (5:15pm-6pm)	Total Fit Sterling Body Conditioning Ryan			
6:00PM to 7:00PM	Step Aerobics Darrell Yoga Cee Cee	Hoopng & Step/Combo Beverly	Zumba LaWanna (6pm-6:45pm) Yoga Melissa	UP YOUR SPORTS (Volleyball) Staff				

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

