

JIM DAILEY FITNESS & AQUATIC CENTER

March Aerobics Schedule

Phone: 501-664-6976

Effective March 1, 2016



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	6:00AM to 7:00AM	Step Aerobics Bill	Cardio Sculpt Bernice	Step Aerobics Bill	Body Sculpt Bernice	8:30 AM - 9:30AM Body Conditioning Ernest
	6:30AM to 7:30AM	Yoga Wesley		Yoga Cee Cee	Yoga Cee Cee	
	9:00AM to 10:00AM	Total Body Blitz James	Zumba LaWanna	Body Clinic Ernest	Zumba LaWanna	Total Body Blitz James
Midday	10:15AM to 11:00AM	Seniorcise Aerobics Deede		Seniorcise Aerobics Deede/Staff		
	11:00AM to 11:30AM	Seniorcise Weights James		Seniorcise Weights Staff	Seniorcise Weights Kim	
	11:30AM to 12:00PM	Seniorcise Stretch /Tone James	Piyo Cynthia	Seniorcise Yoga Cee Cee	Seniorcise Stretch /Tone Kim	
	12:30PM					
Evening	4:45PM to 5:15PM		Beginner Body Sculpt Staff		Beginner Body Sculpt Staff	<p>THIS MONTH! March: Hiking/Backpacking Lessons and Trip- This is a FREE 2 day event for our Members on Friday the 4th and Saturday the 5th. Sign up at the Front Desk!!!</p> <p>COMING SOON! April: Outdoor Bootcamp- Mondays and Wednesdays at 5:00pm to 6:00pm</p>
	5:00PM					
	5:15PM to 6:00PM	Bootcamp Staff	Total Fit Sterling Body Conditioning Staff	Bootcamp Staff	Total Fit Sterling Body Conditioning Staff	
	6:00PM to 7:00PM	Step Aerobics Darrell Yoga Cee Cee	CIZE Live Cynthia	Zumba LaWanna Yoga Cee Cee	CIZE Live Cynthia	

- * Class/Instructors are subject to change. Schedule can be found online at www.lpr.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

