JIM DAILEY FITNESS & AQUATIC CENTER

May Aerobics Schedule

Phone: 501-664-6976 **Effective May 1, 2016**

LITTLE ROCK Parks & Recreation

		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 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		Seniorcise Aerobics Kim	
	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	Piyo Cynthia	Seniorcise Stretch /Tone Kim	
	12:30PM						
Evening	4:45PM to 5:15PM		Beginner Body Sculpt Staff		Beginner Body Sculpt Staff		
	5:00PM	Bootcamp Staff		Bootcamp Staff			
	5:15PM to 6:00PM		Total Fit Sterling Body Conditioning Staff		Total Fit Sterling Body Conditioning Staff		
	6:00PM to 7:00PM	Step Aerobics Darrell Yoga Cee Cee		Zumba LaWanna Yoga Cee Cee			

ATTENTION EVERYONE!!!

Let's all Welcome to Jim Dailey fitness center The new Fitness Specialist

Darrell Dotson

* 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.