

JIM DAILEY FITNESS & AQUATIC CENTER

February Aerobics Schedule

Phone: 501-664-6976

Effective February 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	Step Aerobics Bill
	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	(Starts Feb. 9) Piyo Cynthia	Seniorcise Yoga Cee Cee	(Starts Feb. 9) Piyo Cynthia	Seniorcise Stretch /Tone Kim
	12:30PM					
Evening	4:45PM to 5:15PM		Beginner Body Sculpt Ryan		Beginner Body Sculpt Ryan	<p><i>THIS MONTH!</i> <i>February:</i> <i>CHECK OUT OUR</i> <i>NEW INSTRUCTOR-</i> <i>~Cynthia~</i></p> <p><i>CIZE Live-Tues/Thurs</i> <i>6:00pm to 7:00pm</i></p> <p><i>Piyo-Tues/Thurs</i> <i>11:30am to 12:30pm</i> <i>(Does not start until</i> <i>February 9th)</i></p> <p><i>President's Day-</i> <i>On Monday the 15th we</i> <i>will be open normal hours</i> <i>but have NO CLASSES.</i></p>
	5:00PM					
	5:15PM to 6:00PM	Bootcamp Ryan	Total Fit Sterling Body Conditioning Ryan	Bootcamp Ryan	Total Fit Sterling Body Conditioning Ryan	
	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.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.