

JIM DAILEY FITNESS & AQUATIC CENTER

November Aerobics Schedule

Phone: 501-664-6976

Effective November 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
	6:30AM to 7:30AM	Yoga Wesley		Yoga Cee Cee		Yoga Melissa
	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 Staff		Seniorcise Aerobics 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					
Evening	4:45PM to 5:15PM		Beginner Body Sculpt Ryan		Beginner Body Sculpt Ryan	<p><i>THIS MONTH!</i> <i>November:</i> <i>UP YOUR SPORTS-</i> <i>Table Tennis</i> <i>Thursdays 6:00pm</i></p> <p><i>Bootcamp Returns-</i> <i>Mondays and Wednesdays</i> <i>5:00pm to 6:00pm</i></p> <p><i>Next MONTH!</i> <i>December:</i> <i>2nd Annual Faculty</i> <i>Food Drive Basketball</i> <i>Game!!!</i> <i>Friday, December 11th</i> <i>6:00pm</i></p>
	5:00PM	Bootcamp Ryan		Bootcamp Ryan		
	5:15PM to 6:00PM	Beginner Circuit Training Tyler (5:15pm-6pm)	Total Fit Sterling Body Conditioning 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 (TableTennis) 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.