

JIM DAILEY FITNESS & AQUATIC CENTER

September Aerobics Schedule

Phone: 501-664-6976

Effective September 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		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>THIS MONTH! September: Summer Seniors- Badminton Tuesday, September 15th 10:30am to 12:00pm UP YOUR SPORTS- Badminton Thursdays 6:00pm Table Tennis Tournament! Saturday, September 19th **Ask the Front Desk for more details!** Badminton Tournament! Saturday, September 26th **Ask the Front Desk for more details!**</p>
	5:00PM	Outdoor Bootcamp Ryan		Outdoor 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 Yoga Melissa	UP YOUR SPORTS (Badminton) 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.