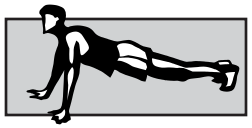
Aerobics Schedule

Jim Dailey Fitness & Aquatic Center

Effective March 11, 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	6am - 7am **Step Aerobics** Bill	6am - 7am **Body Sculpt** Bill	6am - 7am **Step Aerobics** Bill	6am - 7am **Body Sculpt** Bill/Fina	6am - 7am **Step Aerobics** Bill	
			6:30am - 7:30am **Yoga** Caran		6:30am - 7:30am **Yoga** Georgia	8:30am - 9:30am **Body Conditioning** Charles
	9am - 10am **Beginner's Zumba®** Fina	9am - 10am **Zumba®** Lawanna	9am - 10am **Step Aerobics** Janice	9am - 10am **Zumba®** Lawanna	9am - 10am **Step Aerobics** Janice	9:30am - 10:30am **TBA**
Midday	10:15am - 11am **Seniorcise Aerobics** Deede		10:15am - 11am **Seniorcise Aerobics** Deede		10:15am - 11am **Seniorcise Aerobics** Fina	
	11am - 11:30am **Seniorcise Weights** Lee		11am - 11:30am **Seniorcise Weights** Lee		11am - 11:30am **Seniorcise Weights** Lee	
	11:30am - 12pm **Seniorcise Stretch/Tone** Lee		11:30am - 12pm **Seniorcise Stretch/Tone** Lee		11:30am - 12pm **Seniorcise Stretch/Tone** Lee	
Evening			4pm - 5pm **Hip-Hop** Lawanna			
	5pm - 6pm **Step/Combo** Anjanette	5pm - 6pm **Body Conditioning** Fina	5pm - 6pm **Step/Combo** Anjanette	5pm - 6pm **Body Conditioning** Winston		
	6pm - 7pm **Step Aerobics** Darrell		6pm - 7pm **Zumba®** Lawanna	6pm - 7pm **Yoga** Wesley		
	6pm - 7pm **Yoga** Wesley	7pm - 8pm **Step/Combo** Beverly	6pm - 7pm **Pilates** Kimberly	7pm - 8pm **Step/Combo** Beverly		

fitness for life

LITTLE ROCK Parks & Recreation

Classes/instructors are subject to change. Classes with more than 20 participants will be conducted in the gym. Schedule can be found online at www.lrpr.org.