



Jim Dailey Fitness and Aquatic Fitness Class Schedule

Monday	Description	Instructor	Room/space
6:00am-6:45am	Sunrise FIT	Sterling	1 st basketball court
7:00am-8:00am	Sunrise Yoga	Chi	Activity Room
9:00am-9:55am	HIIT (High intensity interval training)	Sterling	Activity Room
10:00am-10:55am	Senior Dance Fit	Willy	1 st Basketball Court
11:00am-11:55am	Senior Weights	Linda	1 st Basketball Court
5:00pm-5:45pm	Spin	Aljay	1 st Basketball Court
5:30pm-6:30pm	Beginner Yoga	Linda	Activity Room

Tuesday	Description	Instructor	Room/space
9:15am-9:55am	Extreme Line Dance	LaWanna	Basketball Court
9:30am-11:55am	Tai Chi/beginner/advanced	Shirley	Activity Room
11:00am-11:55am	Aerobics Plus	Joan	Activity Room
5:15pm-6:00pm	Total Body Fit/body condition	Sterling	Basketball Court

Wednesday	Description	Instructor	Room/space
6:00am-6:45am	Sunrise Fit	Sterling	1 st basketball court
7:00am-8:00am	Sunrise Yoga	Chi	Activity Room
9:15am-9:55am	Trap/Hip Hop Spin	LaWanna	1 st Basketball Court
10:00am-10:55am	Senior Dance Fit	Willy	1 st Basketball Court
11:00am-11:55am	Senior Weights	Linda	1 st Basketball Court
5:00pm-5:55pm	Bootcamp	Sterling	Basketball Court
5:30pm-6:30pm	Beginner Yoga	Linda	Activity Room
6:00pm-6:45pm	Extreme Line Dance	LaWanna	Basketball Court

Thursday	Description	Instructor	Room/space
9:30am-10:55am	Tai Chi/Beginner/advanced	Shirley	Activity Room
11:00am-11:55am	Aerobics Plus	Joan	Activity Room
5:15pm-6:00pm	Total Body Fit/body condition	Sterling	Basketball Court

Friday	Description	Instructor	Room/space
6:00am-6:45am	Sunrise FIT	Sterling	1 st basketball court
7:00am-8:00am	Sunrise Yoga	Chi	Activity Room
9:00am-9:55am	HIIT (High intensity interval training)	Sterling	1 st Basketball Court
11:00am-11:55	Senior Weights	Linda	1 st Basketball Court
5:30pm-6:30pm	Yin Yoga/Beginner	Linda	Activity Room

Saturday 1 st and 3 rd	Description	Instructor	Room/space
8:15am-8:55am	Trap/Hip Hop Spin	LaWanna	1 st Basketball Court
9:15am-10:00am	Mobility and Flexibility	Earnest	1 st Basketball Court