

Aerobics Schedule

Phone: 501-664-6976



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	6:00AM to 7:00AM	Get Fit Fred	Step /weights LaWanna/James	Core Camp/ 30 min class James	Step /weights LaWanna/James		8:30 AM - 9:30AM Body Conditioning Ernest
	6:30AM to 7:30AM	Yoga Wesley		Yoga Mary		Yoga Mary	
	9:00AM to 10:00AM	Total Body Blitz James	Zumba LaWanna	Mobility & Flex Earnest	Zumba LaWanna	Boot Camp /Body Blitz James	
Midday	10:15AM to 11:00AM	Seniorcise Aerobics Deede		Seniorcise Aerobics Deede/LaWanna		Seniorcise Aerobics Kim	Red Beginner Blue Intermediate
	11:00AM to 11:30AM	Seniorcise Weights Staff		Seniorcise Weights Linda		Seniorcise Weights Linda	
	11:30AM to 12:00PM	Seniorcise Stretch /Tone Staff		Seniorcise Stretch/Tone Linda		Seniorcise Stretch /Tone Linda	Black Advanced
	12:30PM						
	4:45PM to 5:15PM						
Evening	5:00PM						
	5:15PM to 6:00PM	Kettle Burn Blast Darrell	Total Fit Sterling Body Sculpt Darrell	Boot Camp Sterling	Total Fit Sterling Body Sculpt Darrell		
	6:00PM to 7:00PM	Step Aerobics Darrell		Zumba LaWanna Yoga Linda		Yoga Linda	

- * Class/Instructors are subject to change. Schedule can be found online at www.lpr.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.