

JIM DAILEY FITNESS & AQUATIC CENTER

Aerobics Schedule

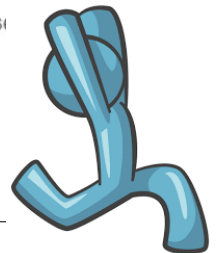
Phone: 501-664-6976



		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	Spin LaWanna		8:30 AM - 9:30AM Body Conditioning Simon
	6:30AM to 7:30AM	Yoga Wesley		Yoga Mary		Yoga Mary	
	8:30AM to 9:15AM			Mobility & Flex Earnest			
	9:00AM to 10:00AM	Total Body Blitz James	Zumba LaWanna	Hip-Hop Spin LaWanna	Zumba LaWanna	Boot Camp /Body Blitz James	
	9:15AM to 10:00AM						
Midday	10:15AM to 11:00AM	Seniorcise Aerobics Deede		Seniorcise Aerobics Willy		Seniorcise Aerobics Kim	Red Beginner
	11:00AM to 11:30AM	Seniorcise Weights Staff		Seniorcise Weights Linda		Seniorcise Weights Linda	Blue Intermediate
	11:30AM to 12:00PM	Seniorcise Stretch /Tone Staff		Seniorcise Stretch/Tone Linda		Seniorcise Stretch /Tone Linda	Black Advanced
	12:30PM						
Evening	5:00PM to 6:00PM			Boot Camp Sterling			
	5:15PM to 6:00PM	Kettle Burn Blast Darrell	Total Fit Sterling		Total Fit Sterling		
	5:30PM to 6:30pm				Spin Beverly		
	6:00PM to 7:00PM	Spin Darrell		Zumba LaWanna Yoga Linda		Yoga Linda	



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* Class/Instructors are subject to change.