
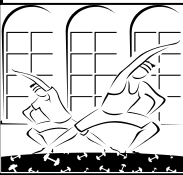





Jim Dailey Fitness & Aquatic Center

REVISED- 08/18/09

INSTRUCTORS ARE SUBJECT TO CHANGE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00AM	STEP BILL	SCULPT WHITNEY	STEP BILL	SCULPT WHITNEY	STEP BILL		
6:30-7:30AM			YOGA CARAN				
8:00-8:45AM	PILATES FINA						
8:30-9:00AM				PILATES FINA			
8:30-9:30AM						BODY COND. WHITNEY	
9:00-10:00AM	STEP FINA		STEP JANICE	HIP-HOP LAWANNA	STEP JANICE		
9:30A-10:30A						KICK-JAM CARLA	
10:15-11:00A	SENIORCISE AEROBICS		SENIORCISE AEROBICS		SENIORCISE AEROBICS		
11:00A-11:30A	DEEDE SENIORCISE WEIGHT TRNG DEEDE		DEEDE SENIORCISE WEIGHT TRNG DEEDE		WHITNEY SENIORCISE WEIGHT TRNG WHITNEY		
11:30A-12:00P	SENIORCISE STRETCH/TONE DEEDE		SENIORCISE STRETCH/TONE DEEDE		SENIORCISE STRETCH/TONE WHITNEY		
4:00-5:00PM	HIP-HOP STAFF	KICKBOXING FINA	HIP-HOP LAWANNA	STEP CARLA			
5:00-6:00PM	ANJANETTE COMBO	BODY COND. FINA	ANJANETTE COMBO	BODY COND. STAFF			
6:00-7:00PM	STEP DARRELL	KICK-JAM LAWANNA		CARDIO LINE DANCE-NANCY			
6:00-6:45PM	PILATES VANESSA		PILATES VANESSA				
7:00-8:00PM		STEP/COMBO BEVERLY		STEP/COMBO BEVERLY			



**** CLASSES WITH 25 PARTICIPANTS OR MORE WILL BE CONDUCTED IN THE GYM****