



















SEARCY ATHLETIC CLUB

Group Exercise Schedule, effective 10/24/11

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	 Audrey Spin Trina	 Lisa D.	 Audrey Spin Trish	 Lisa D.			
6:00 am		VariYoga Teresa		VariYoga Teresa			
8:00 am			Seniors' Spin Jennifer			<i>PiYo</i> (8:05 am) Reisa	
8:30 am	 Jenny Step Janet Women's Running Class Trish	DanceAerobics Tina D. Spin Angel	 Lea <i>PiYo</i> Trina	Circuit Janet Spin Trina	DanceAerobics Tina D.  Trina Women's Running Class Trish		
9:00 am	SilverSneakers MSROM Kristin	SilverSneakers YogaStretch Reisa	SilverSneakers MSROM Jennifer	Seniors' Pilates Bud	SilverSneakers YogaStretch Reisa	 Kristin	
9:35 am	Core Crunch Janet		Core Crunch Trish		Core Crunch Jennifer Tai Chi Bud		
10:00 am	SilverSneakers MSROM Kristin	SilverSneakers Cardio Circuit Jennifer	SilverSneakers MSROM Jennifer	SilverSneakers Cardio Circuit Kristin	SilverSneakers MSROM Jennifer	<i>Turbo Trick</i> Amanda	
2:00 pm							YogaFit Sarah J.  Audrey
3:15 pm							 Yessica
4:00 pm	 Jennifer <i>PiYo</i> Sarah J. KidFit KungFu* Reisa	<i>Turbo Trick</i> Sarah J.	 Chelsea KidFit KungFu* Reisa	 Josh Yoga Reisa			
5:05 pm	Core Crunch Sarah J.	Core Crunch Amanda	Core Crunch Audrey	Core Crunch Josh	Core Crunch Yessica		
5:30 pm	 Audrey Spin Sarah Mc.	 Kristin <i>PiYo</i> Amanda	 Audrey Spin Sarah Mc.	 Audrey Cardio Sculpt Karla	 Yessica		
6:45 pm	Cardio Sculpt Karla			<i>Turbo Trick</i> Amanda			
7:00 pm	Karate * Joe			Karate * Joe			