
























# SEARCY ATHLETIC CLUB

## Group Exercise Schedule, effective 8/2/10

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	 Audrey	 Lisa D.	 Audrey	 Lisa D.			
6:00 am		VariYoga Teresa		VariYoga Teresa			
8:00 am	Water Aerobics Jennifer			Water Aerobics Jennifer			
8:30 am	Step Janet  Jenny	DanceAerobics Tina D.	 Lea	 Sarah J.	DanceAerobics Tina D.  Lea		
9:00 am	SilverSneakers Jennifer	SilverSneakers YogaStretch Sarah J.	SilverSneakers Jennifer	Senior Pilates Cathy	SilverSneakers YogaStretch Sarah J.	Circuit Tina H.  Kristin	
9:35 am	Core Crunch Jennifer	Core Crunch Jennifer	Core Crunch Sarah J.	Core Crunch Jennifer	Core Crunch Cathy Tai Chi Bud		
10:00 am	SilverSneakers Kristin	SilverSneakers Jennifer	SilverSneakers Jennifer  Sarah J.	SilverSneakers Kristin	SilverSneakers Jennifer	 Tina H. (10:15 am)	
11:00 am		SilverSplash Jennifer			SilverSplash Jennifer		
1:15 pm							BP Technique * Audrey
2:00 pm							YogaFit Sarah J.  Audrey
3:15 pm							 Yessica
4:00 pm	 Jennifer	 Tina H.	 Jennifer	 Tina H.	 Lisa D.		
5:05 pm	Core Crunch Amanda B.	Core Crunch Tina H.	Core Crunch Audrey	Core Crunch Amanda B.	Core Crunch Amanda B.		
5:30 pm	 Audrey	YogaFit Amanda B. Circuit Janet	 Audrey	YogaFit Amanda B.  Audrey Step Janet	 Amanda B.		
6:45 pm	Circuit Karla	 Kristin Dance Lessons Reisa					
8:00 pm	Karate * Joe	Dance Lessons * Reisa		Karate * Joe			