


























SEARCY ATHLETIC CLUB

Group Exercise Schedule, effective 11/6/08

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am	 Tina	 Amanda	 Audrey	 Amanda	 Audrey		
6:00 am		Yoga Teresa		Yoga Teresa			
8:00 am						 Sarah J.	
8:15 am		Walking Class Sunny		Walking Class Sunny			
8:30 am	Running Class Sarah Mc. Step Kristin  Jenny	DanceAerobics Tina	Running Class Sarah Mc. YogaFit Sarah J.  Mandy	Step Mandy	Running Class Sarah Mc. DanceAerobics Tina  Trina		
9:00 am	SilverSneakers Jennifer		SilverSneakers Jennifer	SilverSneakers Kristin		Circuit Tina H.  Mandy	
9:35 am	Core Crunch Kristin	Core Crunch Jennifer	Core Crunch Sarah J.	Core Crunch Mandy	Core Crunch Jennifer Yoga Bud		
10:00 am	SilverSneakers Kristin	SilverSneakers Jennifer	Pilates Kenny SilverSneakers Jennifer	SilverSneakers Kristin	Pilates Kenny SilverSneakers Jennifer	Yoga Bud	
1:15 pm							BP Technique Audrey
1:30 pm	SilverSneakers Kristin			SilverSneakers Kristin			
2:00 pm							YogaFit Sarah J.  Audrey
3:15 pm							 Yessica
4:00 pm	 Trina	 Sarah J.	 Jennifer	 Sarah J.	 Jennifer		
5:05 pm	Core Crunch Audrey	Core Crunch Tina H.	Core Crunch Lisa	Core Crunch Sarah J.	Core Crunch Tina H.		
5:30 pm		YogaFit Sarah J. Circuit Tina H.		YogaFit Sarah J. Circuit Tina H.  Audrey			
5:45 pm	 Audrey		 Audrey		 Tina H.		
6:45 pm	Circuit Tina  Lisa	 Lisa		 Tina H.			
8:00 pm	Karate Joe		 Lisa	Karate Joe			