






May '08 at the D.A.C

Schedule is subject to change
344-7788



Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*5:45-6:45 am		*Step W/ Cathy	*Sculpt W/ Cathy	*Step W/ Cathy	*Step W/ Cathy	*Boot Camp W/ Natalie	
*8:30-10 am		Water Aerobics W Roslynn 6am-7am *Water Aerobics W/ Kathryn	Beginning Muscle Fitness W/ Janis 9:15-10:15 am	Water Aerobics W Roslynn 6am-7am *Water Aerobics W/ Kathryn	Beginning Muscle Fitness W/ Janis 9:15-10:15 am	Water Aerobics W/ Roslynn 6am-7am *Water Aerobics W/ Roselynn	9-10:45am Cardio/Sculpt May 3rd - Andie May 10th - ? May 17th - No Class May 24th - Adison
9:15 am-12:15 pm	Water Aerobics W/ Bob 10-11:30 am	Step/Sculpt W/ Dani 9:15-10:15 am	Sculpt W/ Jenny 11:30-12:15 pm		Step W/ Adison 11:30-12:15pm Sculpt W/ Rachel 12:15-1pm	Step/Sculpt W/ Dani 9:15-10:30 am	Water Aerobics W/ Kathryn 10-11:30 am
11 am-2:30pm	Sweatshop W/ Andre 11-12:15 pm	Sculpt W/ Lisa 12-1pm Cardio Kids 1:45-2:30 pm	Step W/ Jenny 12:15-1 pm	Step/Sculpt W/ Lisa 12-1:15 pm	Cardio Kids 1:45-2:30 pm	Sculpt W/ Lisa 12-1:15 pm	
11 am-3 pm	Yoga W/ Thea 12:30-2 pm	Stroke Fitness W/ Linda 11-12pm	Arthritis Foundation Aquatic Program 2-3 pm	Stroke Fitness W/ Kathryn Stewart 11-12pm	Arthritis Foundation Aquatic Program 2-3 pm	Stroke Fitness W/ Kim 11-12pm	
*4:30-5:45 pm		*Sculpt W/ Lisa		Sculpt W/ Adison 4:20pm-5:30pm			
*5:30-7 pm		*Water Aerobics W/ Kathryn	Step/Sculpt w/ Adison (Starts May 13th) 6pm-7pm	*Water Aerobics W/ Bob	Step/Sculpt w/ Adison (Starts May 13th) 6pm-7pm	*Water Aerobics W/ Bob	
5:30-7 pm		Line Dancing W/ Shelly 6-7 pm	*Beginners' Judo 6pm-7pm Intermediate & Advanced 7:15pm-9pm	TurboKick w/ Natalie 5:45pm-6:45pm	*Beginners' Judo 6pm-7pm Intermediate & Advanced 7:15pm-9pm		
7-8:30 pm		Karate 7:15-8:30 pm		Advanced Karate 7:15-8:30 pm	Beginners' Karate 7:15-8:30 pm	Karate 7:15-8:30 pm	