



MARCH 2010 at the D.A.C



***Schedule is subject to change
907.344.7788

Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*5:45-6:45 am		*Cardio Boxing/Bootcamp w/ Natalie	Express Sculpt w/ Natalie 5:30-6:15am	Step w/ Cathy	Express Sculpt w/ Natalie 5:30-6:15am	*Cardio Boxing/Bootcamp w/ Natalie	
*8:30-10 am	Express Yoga w/ Stefanie 10-10:45 am	*Water Aerobics w/ Kathryn	Step w/ Cathy 6-7am Beginning Muscle Fitness w/ Janis 9:15-10:15 am	*Water Aerobics w/ Kathryn	Step w/ Cathy 6-7am Beginning Muscle Fitness w/ Janis 9:15-10:15 am	*Water Aerobics w/ Roselynn	9-10:45 am Cardio/Sculpt 6th- Andre 13th- Jenny 20th- Natalie 27th- Adison
9:15 am-12:15 pm	Water Aerobics w/ Bob 10-11:30 am	Step/Sculpt w/ Dani 9:15-10:30 am Cardio Kids 10:45-11:30 am		Step/Sculpt w/ Dani 9:15-10:30 am Cardio Kids 10:45-11:30 am		Pilates w/ Ned 9:30-10:30am	Water Aerobics w/ Kathryn 10-11:30 am
11 am-2:30 pm	Sweatshop w/ Andre 11-12:15 pm	Beg. Stroke Fitness w/ Kim 10-11am	Express Yoga w/ Stefanie 11:30- 12:15 pm Step w/ Jenny 12:15-1 pm	Beg. Stroke Fitness w/ Kathryn 10-11am	Sculpt w/ Rachel 12-12:45pm	Sculpt w/ Lisa 12-1:15 pm	Arthritis Foundation (In Aerobics Room) Exercise Program 12-1 pm
11 am-3 pm	12:30-2 pm Yoga 6th- Stefanie 13th- Amy 20th- Stefanie 27th- TBA	Sculpt w/ Lisa 12-1:15 pm Aquatic Fitness w/ Kim 11-12 pm	Arthritis Foundation Aquatic Program 2-3 pm	Step/Sculpt w/ Lisa 12-1:30 pm Aquatic Fitness w/ Kathryn 11-12 pm	Arthritis Foundation Aquatic Program 2-3 pm	Beg. Stroke Fitness w/ Linda 10-11 am Aquatic Fitness w/ Linda 11-12 pm	
*4:30-5:45 pm		*Sculpt w/ Lisa		Sculpt w/ Adison 4:45-5:45 pm			
*5:30-7 pm		*Water Aerobics Hydro Sculpt w/ Kathryn	Sweatshop w/ Andre 6-7 pm	*Water Aerobics w/ Bob	Sweatshop w/ Andre 6-7 pm	*Water Aerobics w/ Bob	
*6-7 pm		Step/Sculpt w/ Shelly 6-7 pm		Zumba w/ Adison 6-7 pm			
7-8:30 pm		Karate 7:15-8:30 pm		Advanced Karate 7:15-8:30 pm	Beginners' Karate 7:15-8 pm	Karate 7:15-8:30 pm	