



SEPTEMBER 2010 at the DAC

*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		Step w/ Cathy 6-7am		*Cardio Boxing/Bootcamp w/ Natalie	
*8:30-10 am		*Water Aerobics w/ Kathryn	Beginning Muscle Fitness w/ Janis 9:15-10:15 am	*Water Aerobics w/ Kathryn	Beginning Muscle Fitness w/ Janis 9:15-10:15 am	*Water Aerobics w/ Roselynn	Cardio/Sculpt 9-10:45 am 04th- No Class 11th- Natalie 18th- Adison 25th- Andre
9:15 am-12:15 pm	Water Aerobics w/ Bob 10-11:30 am	Step/Sculpt w/ Dani 9:15-10:30am		Step/Sculpt w/ Dani 9:15-10:30am			Water Aerobics w/ Kathryn 10-11:30 am
11 am-2:30 pm	Express Yoga w/ Stefanie 10-10:50am	Beginning Stroke Fitness w/ Kim 10-11am	Express Yoga w/ Stefanie 11:30- 12:30 pm	Beginning Stroke Fitness w/ Kathryn 10-11 am		Sculpt w/ Lisa 12-1:15 pm	Arthritis Foundation (In Aerobic Room) Exercise Program 12-1 pm
11 am-3 pm	Sweatshop w/ Andre 11am-12pm	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	Beginning Stroke Fitness w/ Linda 10-11 am Aquatic Fitness w/ Linda 11-12 pm	
*4:30-5:45 pm		*Sculpt w/ Lisa					
*5:30-7 pm		*Water Aerobics Hydro Sculpt w/ Kathryn		*Water Aerobics w/ Bob		*Water Aerobics w/ Bob	
*6-7 pm		*Line Dancing w/ Shelly	*Sweatshop w/ Andre	Express Sculpt w/ Adison 5:30-6 pm *Step w/ Adison 6-7 pm	*Sweatshop w/ Andre		
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	