

# Springdale Community Center Studio Schedule

Effective 6/5/11

|          | MONDAY                              | TUESDAY                         | WEDNESDAY                           | THURSDAY                        | FRIDAY                                | SATURDAY                         |
|----------|-------------------------------------|---------------------------------|-------------------------------------|---------------------------------|---------------------------------------|----------------------------------|
| 9:00 AM  |                                     |                                 |                                     |                                 |                                       |                                  |
| 10:00 AM | SLIMNASTICS<br>9:15-10:15<br>FREE   | JAZZERCISE<br>9:30-10:30        | SLIMNASTICS<br>9:15-10:15<br>FREE   | JAZZERCISE<br>9:30-10:30        | SLIMNASTICS<br>9:15-10:15<br>FREE     | JAZZERCISE<br>9:30-10:30         |
| 11:00 AM | LETS GET FIT<br>10:30-11:30<br>FREE | L.I.F.E.<br>11:00-12:00<br>FREE | LETS GET FIT<br>10:30-11:30<br>FREE | L.I.F.E.<br>11:00-12:00<br>FREE | TAKING CONTROL<br>11:00-12:00<br>FREE | CARDIO KICKBOXING<br>11:00-12:00 |
| 12:00 PM |                                     |                                 |                                     |                                 |                                       |                                  |
| 1:00 PM  | LINE DANCING<br>1:00-2:00           |                                 |                                     |                                 | R&B DANCE<br>12:45-2:00               |                                  |
| 2:00 PM  |                                     |                                 |                                     |                                 |                                       |                                  |
| 3:00 PM  |                                     |                                 |                                     |                                 |                                       |                                  |
| 4:00 PM  |                                     |                                 |                                     |                                 |                                       |                                  |
| 5:00 PM  |                                     | ZUMBATOMIC<br>5:00-5:40         |                                     |                                 |                                       |                                  |
| 6:00 PM  | JAZZER-CISE<br>5:45-6:45            | CARDIO KICKBOXING<br>5:45-6:45  | JAZZER-CISE<br>5:45-6:45            | CARDIO KICKBOXING<br>5:45-6:45  | BODY SCULPTING<br>5:45-6:45           |                                  |
| 7:00 PM  |                                     | ZUMBA<br>6:50-7:50              | R&B DANCE<br>6:50-7:50              | ZUMBA<br>6:50-7:50              |                                       |                                  |
| 8:00 PM  |                                     |                                 |                                     |                                 |                                       |                                  |
| 9:00 PM  |                                     |                                 |                                     |                                 |                                       |                                  |
| 10:00 PM |                                     |                                 |                                     |                                 |                                       |                                  |

Updated: 5/11