

Paducah Athletic Club
Group Fitness Class Schedule
effective 1/4/2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:15	Water Tonya	Yoga Lynne		Water Tonya		
9:00-9:45			8 weeks only			Water Lynne
9:15-10:00		Deep Water Lynne	Weight-a-Minute Tonya	Deep Water Lynne	Water Julia	
9:30-10:30	Yoga/FlexStrength Tonya			Yoga/FlexStrength Tonya		
10:00-10:45					PowerSculpt Julia	Boot Camp(1HR) Jodi
10:00-10:45	Water/Arthritis Donna		Water/Arthritis Donna		Water/Arthritis Donna	
11:00-11:45	Water Donna		Water Donna		Water Donna	
5:00-5:45	Step Julia					
5:00-5:45	Water Lynne			Water Lynne		
5:45-6:30	Yoga Julia					
6:00-7:00		PowerSculpt Jodi	TurboKick Jodi	PowerSculpt Jodi		

Hours M-R 5am-10pm F 5am-9pm Sat 8am-5pm Sun 1pm-5pm Pool Closes 1 hour before Club Closing
554-Club (2582)