

Paducah Athletic Club
Group Fitness Class Schedule
effective 10/4/2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:15	Water Tonya			Water Tonya		
9:00-9:45						Water Lynne
9:15-10:00	SilverSplash Donna	Deep Water Lynne	SilverSplash Donna	Deep Water Lynne	Water Julia	
9:30-10:30	Yoga Tonya			Yoga 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	SilverSneakers Wes	Water Donna	SilverSneakers Wes	Water Donna	
5:00-5:45	Step Julia		Yoga Lynne			
5:00-5:45	Water Lynne			Water Lynne		
5:45-6:30	Yoga Julia					
5:45-6:45		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)