

**CONWAY COUNTY COMMUNITY CENTER**  
**As of 03/26/2010**  
**AEROBICS SCHEDULE\*\***

***MONDAY***

6:00 AM - 6:45 AM	STEP AEROBICS/*BOOT CAMP (SHELLY)
9:30 AM – 10:15 AM	SILVERSPLASH® (SHARON)
10:30 AM – 11:15 AM	SILVERSNEAKERS® MSROM CLASS (JAN)
5:15 PM – 6:00 PM	STEP AEROBICS (FINA)
6:00 PM – 6:30 PM	BODY SCULPTING (FINA)
6:00 PM – 7:00 PM	WATER AEROBICS (JAN)

***TUESDAY***

6:00 AM – 6:45 AM	STEP AEROBICS (FINA)
9:00 AM – 9:45 AM	SILVERSPLASH® (GENE)
10:00 AM – 11:00 AM	WATER AEROBICS (ANN)
5:15 PM – 6:00 PM	STEP AEROBICS (SHELLY)
6:00 PM – 7:00 PM	WATER AEROBICS (JAN)

***WEDNESDAY***

6:05 AM – 6:45 AM	HI-LO IMPACT AEROBICS (BERNIE)
9:30 AM – 10:15 AM	SILVERSPLASH® (GENE)
10:30 AM – 11:15 AM	SILVERSNEAKERS® CARDIO CIRCUIT (DIANNA)
5:15 PM – 6:00 PM	BOOT CAMP (SHELLY)
6:00 PM – 6:30 PM	BODY SCULPTING (SHELLY)

***THURSDAY***

6:05 AM - 6:45 AM	STEP AEROBICS (BERNIE)
9:00 AM – 9:45 AM	SILVERSPLASH® (SHARON)
10:00 AM – 10:45 AM	SILVERSNEAKERS® MSROM CLASS (SHARON)
10:00 AM – 11:00 AM	WATER AEROBICS (ANN)
5:15 PM – 6:00 PM	TOTALLY FIT (FINA)
6:00 PM – 7:00 PM	WATER AEROBICS (JAN)

***FRIDAY***

6:05 AM – 6:45 AM	HI/LO AEROBICS/*KICKBOXING (BERNIE)
9:30 AM – 10:15 AM	SILVERSPLASH® (GENE)
5:15 PM – 6:00 PM	STEP AEROBICS (SHELLY)
6:00 PM – 6:30 PM	BODY SCULPTING (SHELLY)

**\*Occasionally**

**\*\*Aerobics schedule is subject to change depending upon class attendance.**