

# Dorothy Woodley Hunt

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Schedule Effective May 3, 2021

## WATER AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM</b>					
7:30-8:20					
9:00-9:50	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics
10:30-11:30	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics
<b>PM</b>					
5:30PM	Aqua-Aerobics			Aqua-Aerobics	

## LAND AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM</b>					
8:00- 8:50	ZUMBA fitness				
9:00-9:50	Line Dancing	Cardio Tone	ZUMBA fitness	Cardio Tone	ZUMBA fitness
10:30	Silver Sneakers Classic	Silver Sneakers Muscle	Silver Sneakers Muscle	Silver Sneakers Yoga	
<b>PM</b>					
5:30pm - 6:20pm	Yoga		Yoga		
6:00PM	Cardio Tone	ZUMBA fitness	Cardio Tone	ZUMBA fitness	

## YOUTH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00PM		Karate Adv		Karate Adv	
6:00PM		Karate Begn.		Karate Begn.	