

Dorothy Woodley Hunt

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Schedule Effective July 21, 2023

WATER AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM					
7:15	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics		Aqua-Aerobics
9:00	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics
10:30	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics
PM					
12:20PM	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics
5:45PM		Aqua-Aerobics		Aqua-Aerobics	

****Aqua-Aerobic classes are 50min long****

LAND AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM					
9:00				Line Dancing	
10:30	Silver Sneakers Classic	Silver Sneakers Muscle		Silver Sneakers Yoga	Line Dancing
10:50			Silver Sneakers Muscle		
PM					
1:00PM	ZUMBA fitness		ZUMBA fitness		
5:30PM	Yoga		Yoga		
6:00PM		ZUMBA fitness		ZUMBA fitness	
6:15PM	Strong Bodies		Strong Bodies		

GYM

MONDAY - THURSDAY	FRIDAY		
7:00 AM - 7:30PM	7:00 AM - 6:00 PM		