

# Dorothy Woodley Hunt

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Schedule Effective June 6, 2022

## WATER AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM</b>					
7:15	Aqua-Aerobics	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
<b>PM</b>					
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
<b>AM</b>					
9:00	Line Dancing	Silver Sneakers Classic		Line Dancing	
10:30	Silver Sneakers Classic	Silver Sneakers Muscle	Silver Sneakers Muscle	Silver Sneakers Yoga	Line Dancing
<b>PM</b>					
1:00PM	ZUMBA fitness		ZUMBA fitness		
5:30PM	Yoga		Yoga		ZUMBA fitness
6:00PM	Strong Bodies	ZUMBA fitness	Strong Bodies	ZUMBA fitness	

## YOUTH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30PM		Karate Adv		Karate Adv	
6:30PM		Karate Begn.		Karate Begn.	

## GYM

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