

Dorothy Woodley Hunt

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Schedule Effective March. 30, 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	Silver Sneakers Classic		Line Dancing	
10:30	Silver Sneakers Classic	Silver Sneakers Muscle	Silver Sneakers Muscle	Silver Sneakers Yoga	Line Dancing
PM					
1:00PM					
4:40PM				Line Dancing	
5:30PM	Yoga		Yoga		
6:00PM					
6:15PM	Strong Bodies		Strong Bodies		

YOUTH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30PM		Karate		Karate	

GYM

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