

Dorothy Woodley Hunt

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Schedule Effective March 1, 2019

WATER AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
am					
7:00	Power Hour	Aquacise	Aquacise	Aquacise	Aquacise
9:00	H2O Tabata		H2O Tabata		
10:00	Silver Splash	Power Hour	Silver Spash	Power Hour	
10:15					
pm					
5:00		Power Hour		Power Hour	
5:30	Aquacise		Aquacise		

LAND AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
am					
9:00	ZUMBA fitness	Cardio Tone	ZUMBA fitness	Cardio Tone	ZUMBA fitness
10:15	Silver & Fit Experience	SilverSneakers® Classic	SilverSneakers® Classic	SilverSneakers® Classic	
pm					
5:30	Yoga		Yoga		Yoga
6:00		ZUMBA fitness		ZUMBA fitness	

ALL ADULT FITNESS AND AQUATICS CLASSES ARE 50 MINUTES LONG

Schedule will be adjusted for the Summer

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