

# ACTIVITY CENTER & EXERCISE CLASSES

## APRIL 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM	<i>Tabata/Tone n' Strengthen</i>	<i>L.A.B. Legs, Abs, Buns</i>	<i>Absolute Core</i>	<i>Circuit training Stations</i>	<i>Tabata/Tone n' Strengthen</i>	
8:00AM			<i>Tabata/Tone n' Strengthen</i>		<i>Tabata/Tone n' Strengthen</i>	<i>Total Body Chair Aerobics</i>
9:00AM	<i>S.E.A.T</i>	<i>Zumba</i>		<i>Zumba</i>		<i>Zumba</i>
9:15AM						
10:00AM						<i>Aqua Fit</i>
10:15AM	<i>Water Aerobics</i>	<i>Water Aerobics</i>	<i>Aqua Zumba</i>	<i>Water Aerobics</i>	<i>Aqua Zumba</i>	
11:30AM	<i>Training Orientation</i>		<i>Training Orientation</i>		<i>Gentle Yoga Stretch Training Orientation</i>	
12:15PM		<i>Chair Yoga</i>		<i>S.E.A.T</i>		
12:30PM	<i>Mahjong</i>		<i>Crafty Ladies</i>			
1:00PM		<i>Canasta</i>			<i>Mahjong Canasta</i>	
2:30PM						
3:00PM		<i>Partner Bridge</i>		<i>Casual Bridge</i>		
3:30PM	<i>Yoga Flow</i>		<i>Yoga Flow</i>			
5:00PM	<i>Total Body Chair Aerobics</i>					
5:15PM				<i>Total Body Chair Aerobics</i>		
6:00PM	<i>Aqua Fit</i>					
6:15PM				<i>Aqua Fit</i>		
6:30PM						
7:00PM	<i>Euchre</i>	<i>Men's Cards</i>				

FOR MORE INFORMATION ABOUT OUR EXERCISE CLASSES AND ACTIVITIES, PLEASE CHECK OUT OUR WEBSITE AT [HUNTERSBRIDGECOMMUNITYASSOCIATION.COM](http://HUNTERSBRIDGECOMMUNITYASSOCIATION.COM)