

# Activity Center/Exercise Classes

## August/September 2021

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>L.A.B. Legs, Abs, Buns</i>	<i>Tabata/Tone n' Strengthen</i>	
8:00AM	<i>Tabata/Tone n' Strengthen</i>		<i>Tabata/Tone n' Strengthen</i>		<i>Tabata/Tone n' Strengthen</i>	
9:00AM		<i>Zumba</i>		<i>Zumba</i>		<i>Water Aerobics with Anna</i>
9:15AM	<i>Water Aerobics</i>		<i>Aqua Zumba</i>		<i>Aqua Zumba</i>	
10:15AM		<i>Water Aerobics</i>		<i>Water Aerobics</i>		
11:30AM	<i>Circuit Training (Limited to 4 People)</i>		<i>Circuit Training (Limited to 4 People)</i>		<i>Circuit Training (Limited to 4 People) Yoga</i>	
12:30PM	<i>Mahjong</i>					
1:00PM			<i>The Crafty Ladies</i>		<i>Mahjong</i>	
3:00PM		<i>Bridge</i>		<i>Bridge</i>		
3:30PM	<i>Yoga</i>		<i>Yoga</i>			
6:00PM	<i>Water Aerobics</i>					

For more information about our exercise classes and activities, please check out our website at [huntersridgecommunityassociation.com](http://huntersridgecommunityassociation.com) or the Community TV Channel 195