



Class Registration Dates 2022

<u>Registration Date</u>	<u>Late Registration (+\$10)</u>	<u>Class Dates</u>
October 10 th - October 29 th	October 24 th - October 29 th	October 24 th - November 26 th
November 21 st - December 10 th	December 5 th - December 10 th	December 5 th - January 7 th

Jim Huie Recreation Center Classes

<u>Total Body Workout</u>	Mondays & Wednesdays: 5:45pm-6:45pm
<u>Power Up</u>	Tuesdays & Thursdays 7:00pm-8:00pm Saturday 9:30am-10:30am
<u>Spinning</u>	Tuesday & Thursday 6:15pm-7:15pm
<u>Spinning</u>	Wednesday 12:00pm-1:00pm
<u>Intro to Yoga</u>	Saturday 11:00am-12:00pm
<u>Tae Kwon Do</u>	Tuesdays and Saturdays 6:30pm-7:30pm 12:00pm-01:00pm
<u>Fundamentals of Basketball</u>	Wednesday 7:15pm-8:15pm

<u>Volleyball</u>	Saturday 12:30pm 1:30pm
<u>Aqua Aerobics</u>	. Monday & Wednesdays: 9:45am-10:45am 11:00am-12:00pm
<u>Arthritis Therapy</u>	Tuesdays & Thursdays: 9:45am-10:45am
<u>Arthritis Plus</u>	Saturday 10:45am-11:45pm
<u>H2O Works</u>	Tuesdays & Thursdays 11:00am-12:00pm
<u>Cardio Splash</u>	Mondays & Wednesdays: 4:45pm-5:45pm 6:00pm-7:00pm

Be on the lookout for more classes coming to Jim Huie Recreation Center!!