



Class Registration Dates 2022-2023

<u>Registration Date</u>	<u>Late Registration (+\$10)</u>	<u>Class Dates</u>
December 12 th -January 7 th	January 2 nd - January 7 th	January 2 nd - February 4 th
January 30 th - February 18 th	February 13 th - February 18 th	February 13 th - March 18 th
March 13 th - April 1 st	March 27 th - April 1 st	March 27 th - April 29 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 6:30pm-7:30pm Saturdays 12:00-1:00pm
<u>Drama & Performance</u>	Tuesdays 6:00pm-7:00pm
<u>Aqua Aerobics</u>	Monday & Wednesday 9:45am-10:45am/ 11:00am-12:00pm
<u>Arthritis Therapy</u>	Tuesday & Thursday 9:45am-10:45am
<u>H2O Works</u>	Tuesday & Thursday 11:00am-12:00pm
<u>Cardio Splash</u>	Monday & Wednesday 4:45pm-5:45pm/ 6:00pm-7:00pm

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