

AOA CLASS SCHEDULE - Week of November 23

MONDAY

8a: SilverSneaker Circuit- Marisa (LC)

9a: Hydrofit-Amy (Lap Pool)

11a: Just for You weights
Lori (MPR)

11:30a: Chair Yoga-Lori (MPR)

12p: Line Dancing-Julia (AR)

1p: Arthritis Class-Pat R
(Therapy Pool)

TUESDAY

8a: SilverSneaker Classic
Marisa(LC)

8:30a: Chair Yoga-Lori (LC)

9a: Aqua Pilates-Jean
(Therapy Pool)

10a: Just for You-Lori (FS)
Token Required - 9 person Limit

11:15a: Just for You-Lori (FS)
Token Required - 9 person Limit

1p: Arthritis-Natalie (Therapy Pool)



Subscribe to our channel
for additional workouts

WEDNESDAY

8a: SilverSneaker Circuit-Deb (LC)

9a: Hydrofit-Sondra (Lap Pool)

11a: Just for You weights-Lori (LC)

11:30a: Chair Yoga-Lori (LC)

12p: Line Dancing-Julia (AR)

1p: Arthritis Class-Pat R(Therapy Pool)

THURSDAY

Happy
Thanksgiving

FRIDAY

8a: SilverSneaker
Circuit-Deb (LC)

9a: Hydrofit-Sondra (Lap
Pool)

11a: Just for You-Lori (LC)

11:30a: Chair Yoga-Lori (LC)

1p: Arthritis-Bill
(Therapy Pool)

SATURDAY

11:30a: Tai Chi-Doug (AR)

KEY

MPR=Multi-Purpose Room

AR=Aerobic Room

LC = Life Center

FS=Fitness Studio