

# AOA CLASS SCHEDULE - Week of January 11

## 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)

## 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

- 8a: SilverSneaker Classic-Connie (LC)
- 8:30a: Chair Yoga-Connie (LC)
- 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-Pat S (Therapy Pool)
- 6:15p: Hydrofit-Jody (Lap Pool)

## KEY

**MPR=Multi-Purpose Room**  
**AR=Aerobic Room**  
**LC = Life Center**  
**FS=Fitness Studio**



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for additional workouts

## FRIDAY

- 8a: SilverSneaker Circuit-Deb (LC)
- 9a: Hydrofit-Sondra (Lap Pool)
- 11a: Just for You-Deb (LC)
- 11:30a: Chair Yoga-Deb (LC)
- 1p: Arthritis-Bill (Therapy Pool)

## SATURDAY

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