

AOA CLASS SCHEDULE - Week of February 22

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)
- 12p: Arthritis Class-Pat R (Therapy Pool)
- 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)



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WEDNESDAY

- 8a: SilverSneaker Circuit-Jen (LC)
- 9a: Hydrofit-Sondra (Lap Pool)
- 10a: Chair Volleyball (LC)
- 11a: Just for You weights-Lori (LC)
- 11:30a: Chair Yoga-Lori (LC)
- 12p: Line Dancing-Julia (AR)
- 12p: Arthritis Class-Pat R (Therapy Pool)
- 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)

FRIDAY

- 8a: SilverSneaker Circ.-Carol (LC)
- 9a: Hydrofit-Sondra (Lap Pool)
- 10a: Chair Volleyball (LC)
- 11a: Just for You-Lori (LC)
- 11:30a: Chair Yoga-Lori (LC)
- 12p: Arthritis-Bill (Therapy Pool)
- 1p: Arthritis-Bill (Therapy Pool)

KEY

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

SATURDAY

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