

# AOA CLASS SCHEDULE - Week of May 3

## MONDAY

8a: SilverSneaker Circuit-Marisa (MPR)  
8&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-Deb (MPR)  
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- Pat S (Therapy Pool)



Subscribe to our channel  
for additional workouts

## WEDNESDAY

8a: SilverSneaker Circuit-Marisa (MPR)  
8&9a: Hydrofit-Sondra (Lap Pool)  
10a: Chair Volleyball (MPR)  
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)

## THURSDAY

8a: SilverSneaker Classic-Connie(MPR)  
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.-Deb (MPR)  
8&9a: Hydrofit-Sondra (Lap Pool)  
10a: Chair Volleyball (MPR)  
11a: Just for You-Lori (MPR)  
11:30a: Chair Yoga-Lori(MPR)  
12p: Arthritis-Bill (Therapy Pool)  
1p: Arthritis-Bill (Therapy Pool)

## KEY

MPR=Multi-Purpose Room  
AR=Aerobic Room  
FS=Fitness Studio

## SATURDAY

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