

AOA CLASS SCHEDULE - Week of July 19



MONDAY

- 8a: SilverSneaker Circuit-Pam (MPR)
- 8&9a: Hydrofit-Amy (Lap Pool)
- 11a: Just for You weights-Lori (MPR)
- 11:30a: Chair Yoga-Lori (MPR)
- 12p: Arthritis Class-Pat R (Therapy Pool)
- 1p: Arthritis Class-Pat R (Therapy Pool)

TUESDAY

- 8a: SilverSneaker Classic-Pam (MPR)
- 9a: Aqua Pilates-Jean (Therapy Pool)
- 9a: Beginner Cycle - Lori (Cycle Studio)
- 10a: Just for You-Lori (FS)
Token Required - 9 person Limit
- 11:15a: Just for You-Lori (FS)
Token Required - 9 person Limit
- 1p: Silver Splash- Pat S (Therapy Pool)

FRIDAY

- 8a: SilverSneaker-Pam (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)

WEDNESDAY

- 8a: SilverSneaker Circuit-Pam (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: Arthritis Class-Pat R (Therapy Pool)
- 1p: Arthritis Class-Pat R (Therapy Pool)

THURSDAY

- 8a: SilverSneaker Classic-Connie-MPR
- 9a: Beginner Cycle-Pam (Cycle Studio)
- 10a: Just for You-Lori (FS)
Token Required - 9 person Limit
- 11:15a: Just for You-Lori (FS)
Token Required - 9 person Limit
- 1p: Silver Splash-Pat S (Therapy Pool)

SATURDAY

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

WILDWOOD CHAPEL

All Classes start at 9:30am

Tuesday - Marisa

Thursday - Marisa

Friday - Marisa



Subscribe to our channel for additional workouts

KEY

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