

# AOA CLASS SCHEDULE - Week of October 11



## MONDAY

- 8a: SilverSneaker Circuit-Pam (MPR)
- 8&9a: Hydrofit-Amy \*\*
- 11a: Just for You weights-Lori (MPR)
- 11:30a: Chair Yoga-Lori (MPR)
- 12p: Line Dancing-Julia (AR)
- 12p: Arthritis Class-Pat R. \*\*
- 1p: Arthritis Class-Pat R. \*\*

## TUESDAY

- 8a: SilverSneaker Classic-Pam (MPR)
- 9a: Aqua Pilates-Jean \*\*
- 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
- 11a: Silver Splash-Pat S \*\*

## FRIDAY

- 8a: SilverSneaker-Pam (MPR)
- 8&9a: Hydrofit-Sondra \*\*
- 10a: Chair Volleyball (MPR)
- 11a: Just for You-Lori (MPR)
- 11:30a: Chair Yoga-Lori(MPR)
- 12p: Arthritis-Bill \*\*
- 1p: Arthritis-Bill \*\*

## WEDNESDAY

- 8a: SilverSneaker Circuit-Pam (MPR)
- 8&9a: Hydrofit-Sondra \*\*
- 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. \*\*
- 1p: Arthritis Class-Pat R. \*\*

## THURSDAY

- 8a: SilverSneaker Classic-Connie-(MPR)
- 9a: Aqua Pilates-Jean \*\*
- 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
- 11a: Silver Splash-Pat S \*\*

## SATURDAY

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

## WILDWOOD CHAPEL

All Classes start at 9:30am

Tuesday - Tina

Thursday - Tina

Friday - Tina

## KEY

- MPR=Multi-Purpose Room
- AR=Aerobic Room
- FS=Fitness Studio
- \*\*=See Pool Schedule



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