

AOA CLASS SCHEDULE - Week of January 10



MONDAY

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

TUESDAY

- 8a: SilverSneaker Classic-Pam (MPR)
- 9a: Aqua Pilates **
- 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 **

FRIDAY

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

WEDNESDAY

- 8a: SilverSneaker Circuit-Pam (MPR)
- 8&9a: Hydrofit **
- 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 **
- 1p: Arthritis Class **

THURSDAY

- 8a: SilverSneaker Classic-Connie-(MPR)
- 9a: Aqua Pilates **
- 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**
- 615p: Hydrofit**

SATURDAY

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

WILDWOOD CHAPEL

All Classes start at 9:30am

Tuesday - Tina

Thursday - Tina

Friday - Tina



Subscribe to our channel for additional workouts

KEY

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