

# AOA CLASS SCHEDULE - Week of May 16



## MONDAY

8a: SilverSneaker Circuit-Pam (MPR)

8&9a: Hydrofit \*\*

10:15a: Drummercize-Lori (MPR)

Token Required-16 person limit

11a: Just for You weights-Lori (MPR)

11:30a: Chair Yoga-Lori (MPR)

12p: Line Dancing-Julia (AR)

12&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 \*\*

9a: Drummercize-Pam (MPR)

Token Required-16 person limit

10a: Chair Volleyball (MPR)

11a: Just for You weights-Lori (MPR)

11:30a: Chair Yoga-Lori (MPR)

12p: Line Dancing-Julia (AR)

12&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

## 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