

AOA CLASS SCHEDULE - Week of July 4



MONDAY

9a: Red, White and Burn
FREE Community Workout
45 minutes Cycling
45 minutes Abs and More

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-Pam-(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 - Dani

Thursday - Tina

Friday - Tina

KEY

MPR=Multi-Purpose Room

AR=Aerobic Room

FS=Fitness Studio

**=See Pool Schedule



Subscribe to our channel
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