

# AOA CLASS SCHEDULE - Week of November 21



## 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

**Happy  
Thanksgiving**

## WILDWOOD CHAPEL

All Classes start at 9:30am

Tuesday - Dani

Thursday - Thanksgiving

## KEY

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



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