

AOA CLASS SCHEDULE

Week of December 5



MONDAY

8a: SilverSneaker Circuit
Pam (MPR)

8&9a: Hydrofit **

10:15a: Drummercize
Lori (MPR)
Token Required-limit 16

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-limit 9

11:15a: Just for You
Lori (FS)
Token Required-limit 9

11a: Silver Splash **

WEDNESDAY

8a: SilverSneaker Circuit
Pam (MPR)

8&9a: Hydrofit **

9a: Drummercize
Pam (MPR)
Token Required-limit 16

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: Walk & Talk
Pam (Main Gym)

9:30a: Senior Power
Pam (FS)

10a: Just for You
Lori (FS)
Token Required-limit 9

11:15a: Just for You
Lori (FS)
Token Required-limit 9

11a: Silver Splash **

615p: Hydrofit **

FRIDAY

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)

12&1p: Arthritis Class **

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**



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