

# AOA CLASS SCHEDULE

## Week of January 23



### MONDAY

8a: SilverSneaker Circuit  
Pam (MPR)

8&9a: Hydrofit \*\*

9a: Just for You  
Pam (FS)

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

11a: Just for You weights  
Pam (MPR)

11:30a: Chair Yoga  
Pam (MPR)

12&1p: Arthritis Class \*\*

### TUESDAY

8a: SilverSneaker Classic  
Pam (MPR)

9a: Aqua Pilates \*\*

9a: Beginner Cycle  
Pam (Cycle Studio)

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

11:15a: Just for You  
Pam 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  
Pam (MPR)

11:30a: Chair Yoga  
Pam (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  
Pam (FS)  
Token Required-limit 9

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

11a: Silver Splash \*\*

615p: Hydrofit \*\*

### FRIDAY

12:30p BINGO  
in the Boardroom!!!

8a: SilverSneaker Circuit  
Pam (MPR)

8&9a: Hydrofit \*\*

9a: Chair Chisel  
Pam (Main Gym)

10a: Chair Volleyball (MPR)

11a: Just for You weights  
Pam (FS)

11:30a: Chair Yoga  
Pam (MPR)

12&1p: Arthritis Class \*\*

### WILDWOOD CHAPEL

All Classes start at 9:30am

Tuesday - Dani

Thursday - Connie

Friday - Rhonda

### KEY

MPR=Multi-Purpose Room

AR=Aerobic Room

FS=Fitness Studio

\*\*=See Pool Schedule



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