

AOA CLASS SCHEDULE

March 2023



MONDAY

- 8a: SilverSneaker Circuit
Pam (MPR)
- 8&9a: Hydrofit **
- 9a: Just for You
Pam (FS)
- 10:15a: Drummercize
Lori (MPR)
- 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 Circuit
Pam (MPR)
- 9a: Aqua Pilates **
- 9a-9:45a Senior Step
Pam (MPR)
- 9a: Beginner Cycle
Lori (Cycle Studio)
- 10a: Just for You
Lori (FS)
- 10a: Silver Sneaker Circuit
Pam (MPR)
- 11a: Silver Splash **
- 11a: Parkinson's Cycle
Mandy (Cycle Studio)
- 11:15a: Just for You
Lori (FS)
- Matinee Tuesday @
Cinemark 3/21

WEDNESDAY

- 8a: SilverSneaker Circuit
Pam (MPR)
- 8&9a: Hydrofit **
- 9a: Drummercize
Pam (MPR)
- 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 Circuit
Pam (MPR)
- 9a: Aqua Pilates **
- 9a: Walk & Talk
Pam (Main Gym)
- 9:30a: Senior Power
Pam (FS)
- 10a: Senior Step
Pam (MPR)
- 10a: Just for You
Lori (FS)
- 11a: Silver Sneaker Circuit
Pam (MPR)
- 11:15a: Just for You
Lori (FS)
- 11a: Silver Splash **
- 615p: Hydrofit **

FRIDAY

- 8a: SilverSneaker Circuit
Pam (MPR)
- 8&9a: Hydrofit **
- 9a: Chair Chisel
Pam (Main Gym)
- 10a: Chair Volleyball (MPR)
- 11a: Chair Chisel
Pam (Main Gym)
- 11a: Just for You weights
Lori (MPR)
- 11:30a: Chair Yoga
Lori (MPR)
- 12&1p: Arthritis Class **
- 4:30-5:15p: Senior Stations
Pam/Lori (MPR)
- BINGO in the board room
3/31 @ 12:30pm

WILDWOOD CHAPEL

- All Classes start at 9:30am
- Tuesday - Rhonda
- Thursday - Connie
- Friday - Rhonda

KEY

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



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