

AOA CLASS SCHEDULE

May 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)
- 11a: Senior Strong Pam (MPR)
- 11a: Silver Splash **
- 11:15a: Just for You Lori (FS)
- Matinee Tuesday @ Cinemark 5/23

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 **
- 4:30-5:15p: FIT Circuit Lori/Pam (MPR)
- Lunch meet up Wednesday 5/3 @ 12:30p

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: Seated Dancing 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)
- 12p Beginner's Line Dancing Julia (AR)
- 12&1p: Arthritis Class **
- 4:30-5:15p: Senior Stations Pam/Lori (MPR)
- 5:30-6:15p: Step Circuit Pam/Lori (AR)

WILDWOOD CHAPEL

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

We will be closed Monday, 5/29/23 in observance of Memorial Day.

KEY

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



Subscribe to our channel for additional workouts