

AOA CLASS SCHEDULE

June 2023



MONDAY

- 8a: SilverSneaker Circuit
Pam (MPR)
- 8&9a: Hydrofit **
- 9a: Just for You
Pam (FS)
- 10a-10:45a: Arthritis FIT
Pam (WC)
- 10:15a: Drummercize
Lori (MPR)
- 11a: Just for You weights
Lori (MPR)
- 11a: Delay the Disease
Duane (WC)
- 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: Senior Strong
Pam (WC)
- 11a: Osteoporosis
Management
Pam (WC)
- 11a: Silver Splash **
- 11:15a: Just for You
Lori (FS)
- ***Silver Sneakers Picnic
Tuesday 6/13
- **Matinee Tuesday 6/20

WEDNESDAY

- 8a: SilverSneaker Circuit
Pam (MPR)
- 8&9a: Hydrofit **
- 9a: Drummercize
Pam (MPR)
- 9a: Flexibility Focus
Lori (FS/WC)
- 10a: Chair Volleyball (MPR)
- 11a: Just for You weights
Lori (MPR)
- 11a: Advanced Parkinson's
Duane (WC)
- 12p-12:45p- Arthritis FIT
Pam (WC)
- 11:30a: Chair Yoga
Lori (MPR)
- 12p: Line Dancing
Julia (AR)
- 12&1p: Arthritis Class **
- Lunch meet up Wednesday
6/7 @ 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: Osteoporosis
Management
Pam (WC)
- 11a: Just for You weights
Lori (MPR)
- 11:30a: Chair Yoga
Lori (MPR)
- 12p Beginner's Line Dancing
Julia (AR)
- 12&1p: Arthritis Class **

SATURDAY

- 9a: Circuit
Pam/Lori (WC)

WILDWOOD CHAPEL

All Classes start at 9:30am

Tuesday - Rhonda

Thursday - Connie

Friday - Rhonda

KEY

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

ALL AOA CLASSES ARE 30 MINUTES UNLESS OTHERWISE NOTED