

AOA CLASS SCHEDULE November 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 (FS)

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: Brain and Body
Duane (AR)

11a: Osteoporosis
Management
Pam (WC)

11a: Silver Splash **

11:15a: Just for You
Lori (FS)

*Matinee Tuesday 11/21

WEDNESDAY

8a: SilverSneaker Circuit
Pam (MPR)

8&9a: Hydrofit **

9a: Balance & Strength
Pam (FS)

9a: Flexibility Focus
Lori (MPR)

10a: Chair Volleyball (MPR)

11a: Just for You weights
Lori (MPR)

11a: Advanced Parkinson's
Duane (AR)

11a-11:45a- Arthritis FIT
Pam (WC)

11:30a: Chair Yoga
Lori (MPR)

12p: Line Dancing
Julia (AR)

12&1p: Arthritis Class **

2:25-3:25p: Water Tai Chi**

Friendsgiving Lunch Meet Up 11/1
@ YMCA Commons

THURSDAY

8a: SilverSneaker Circuit
Pam (MPR)

9a: Aqua Pilates **

9a: Walk & Talk
Lori (Main Gym)

9:30a: Senior Power
Lori (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)
10:30a:AOA only Chair VB

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

12:05-1:05p: Water Tai Chi**

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