

AOA Class Schedule JULY 2024



MONDAY

- 7a: Full Body Bar Alex (MPR)
- 8a: SilverSneaker Circuit Pam (MPR)
- 8&9a: Hydrofit **
- 9a: Chair Aerobics Pam(MPR)
- 9:30a: Senior Strength Alex (FS)
- 10:15a: Drummercize Pam (MPR)
- 11a: Just for You weights Pam (MPR)
- 11:30a: Chair Yoga Pam (MPR)
- 12p: Line Dancing Julia (AR)
- 12p: Delay the Disease Judi (FS)
- 12&1p: Arthritis Class **

TUESDAY

- 8a: SilverSneaker Circuit Pam (MPR)
- 9a: Aqua Pilates **
- 9a-9:45a Senior Step Pam (MPR)
- 9a: Beginner Cycle Judi (Cycle Studio)
- 10a: Just for You Lori (FS)
- 10a: Senior Strong Pam (WC)
- 11a: Beginner Barre Pam (AR) Registration Required
- 12p: Cognitive Exercise (Brain & Body)Pam (AR)
- 11a: Silver Splash **
- 11:15a: Just for You Lori (FS)
- 5-6p: Water Walking ** Michele
- *Matinee Tuesday 7/16

WEDNESDAY

- 8a: SilverSneaker Circuit Pam (MPR)
- 8&9a: Hydrofit **
- 9a: Balance & Strength Alex(FS)
- 10a: Chair Volleyball (MPR)
- 11a: Just for You weights Alex (MPR)
- 11:30a: Chair Yoga Nadine (MPR)
- 12p: Line Dancing Julia (AR)
- 12&1p: Arthritis Class **
- 2:25-3:25p: Water Tai Chi**
- Lunch Meetup 7/3@12:30pm

THURSDAY

- 8a: SilverSneaker Circuit Pam (MPR)
- 9a: Aqua Pilates **
- 9a: Walk & Talk Lori (Main Gym)
- 9a: Beginner Barre Pam (AR) Registration Required
- 9:30a: Senior Power Lori (FS)
- 10a: Senior Step Pam (MPR)
- 10a: Just for You Lori (FS)
- 10:30a: Seated Dancing Pam (MPR)
- 11:15a: Just for You Lori (FS)
- 11a: Silver Splash **
- 4:30p: Full Body Bar Alex (MPR)
- 615p: Hydrofit **

FRIDAY

- 7a:Full Body Bar Alex (MPR)
- 8a: SilverSneaker Circuit Pam (MPR)
- 8&9a: Hydrofit **
- 9a: Chair Cardio Sculpt Alex (Main Gym)
- 9:30a Chair Aerobics Pam (Main Gym)
- 10a: Chair Volleyball (MPR)
- 11a: Just for You weights Connie (MPR)
- 11:30a: Chair Yoga Connie (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