

AOA Class Schedule

September 2024



ALL AOA CLASSES ARE 30
MINUTES UNLESS
OTHERWISE NOTED

MONDAY

7:15AM Full Body Bar Alex (MPR)

8AM SilverSneaker Circuit Pam (MPR)

8AM & 9AM: Hydrofit**

9AM Chair Aerobics Pam(MPR)

9:30AM Senior Strength Alex (FS)

10:15AM Drummercize Pam (MPR)

11AM Just for You Weights Pam (MPR)

11:30AM: Chair Yoga Pam (MPR)

12PM: Line Dancing Julia (AR)

12PM: Delay the Disease Judi (FS)

12PM & 1PM: Arthritis Class**

TUESDAY

8AM Circuit Pam (MPR)

9AM Aqua Pilates**

9AM-Senior Step Pam (MPR)

9AM Beginner Cycle Judi (Cycle Studio)

10AM Just for You Lori (FS)

10AM Senior Strong Pam (WC)

11AM Beginner Barre Pam (AR)

11AM Silver Splash**

11:15AM Just for You Lori (FS)

12PM Cognitive Exercise Memory Class Pam (AR)

5-6PM: Water Walking** Michele

***Matinee Tuesday 17th**

WEDNESDAY

8AM SilverSneaker Circuit Pam (MPR)

8AM & 9AM Hydrofit**

9AM Balance & Strength Alex (FS)

10AM Chair Volleyball Alex (MPR)

11AM Just for You Weights Alex (MPR)

11:30AM Chair Yoga Nadine (MPR)

12PM Line Dancing Julia (AR)

12PM & 1PM: Arthritis Class**

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

6:30-7:30PM Circuit Nancy (FS)

Lunch Meetup 9/4@12:30pm

THURSDAY

8AM SilverSneaker Circuit Pam (MPR)

9AM Aqua Pilates**

9AM Beginner Barre Pam (AR)

9:30AM Senior Power Lori (FS)

10AM Senior Step Pam (MPR)

10AM Just for You Lori (FS)

10:30AM Seated Dancing Pam (MPR)

11:15AM Just for You Lori (FS)

11AM Silver Splash**

6:15PM Hydrofit**

FRIDAY

7:15AM Full Body Bar Alex (MPR)

8AM SilverSneaker Circuit Pam (MPR)

8AM & 9AM Hydrofit**

9AM Chair Cardio Sculpt Alex (Main Gym)

9AM Beginner Barre Pam (AR)

9:30AM Chair Aerobics Connie (Main Gym)

10AM Chair Volleyball Alex (MPR)

10:15AM Just For You Connie (FS)

11AM Just for You Weights Alex (MPR)

11:30AM Chair Yoga Nadine (MPR)

12PM Beginner's Line Dancing Julia (AR)

12PM & 1PM Arthritis Class**

6:30PM Just for You Lori (FS)

SATURDAY

12:05-1:05PM Water Tai Chi**
Doug

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