

ALL AOA CLASSES ARE 30
MINUTES UNLESS
OTHERWISE NOTED

AOA Class Schedule

March 2026



MONDAY

8AM
Silver Sneakers
Classic Pam (MPR)

8AM & 9AM:
Hydrofit**

9:00AM
Cognitive
Balance&Strength
Judi (FS)

9:30AM
Chair Aerobics
Connie (Main Gym)

10-11:30AM**
Water Volleyball

10:20AM
Beginner Yoga Ball
Connie (MPR)

11AM
Just for You Weights
Judi (MPR)

11:30AM
Chair Yoga
Judi (MPR)

12PM
Line Dancing
Julia (AR)

12:15PM
Delay the Disease
Judi (MPR)

12PM & 1PM:
Arthritis Class**

TUESDAY

8AM
Silver Sneakers
Classic Pam (MPR)

9AM Aqua Pilates**

9AM
Senior Step Cindy (AR)

9AM
Beginner Cycle
Judi (CS)

9AM Water Walking**

9:30AM
Resistance Machines
Cindy (FS)

9:30AM
Dance Fusion Fit
Dawn (AR)

10-10:45AM
Just for You Studio
Lori (FS)

10AM
Dynamic Dumbbells
Dawn (MPR)

10:30 AM
Stretch & Flexibility
Dawn (MPR)

11AM
Beginner Barre
Cindy (AR)

11AM Silver Splash**

11:15AM
Just for You Studio
Lori (FS)

12:30 PM
Seated Vibration Plate
Must Register--Paid Class
Cindy (MPR)

6-7PM
Intermediate Cycle
Must Register-Paid Class
Judi(CS)

WEDNESDAY

8AM
Silver Sneakers
Classic
Pam (MPR)

8AM & 9AM
Hydrofit **

9AM
Just for You Studio
Cindy (FS)

9:30AM
Senior Step
Mary Frances (MPR)

10AM
Chair Volleyball
Cindy (MPR)

10AM
Just For You Choice
Mary Frances (FS)

10-11AM
Zumba Kristi (AR)

10-11:30AM**
Water Volleyball

11AM
Strength Training
Cindy (MPR)

11:30AM
Chair YogaMara(MPR)

12PM
Line Dancing
Julia (AR)

12PM & 1PM
Arthritis Class **

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

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

THURSDAY

8AM
Silver Sneakers
Classic Pam (MPR)

9AM
Aqua Pilates**

9AM
Water Walking**

9AM
Beginner Barre
Cindy(AR)

9:30AM
Just For You Choice
Mary Frances (FS)

9:30AM
Intermediate
Vibration Plate
**Must Resgister, Paid
Class Cindy (AR)

10-10:45AM
Just for You Studio
Lori (FS)

10:15AM
Senior Step
Mary Frances (MPR)

10am
HydroFit Shallow**

11AM
Silver Splash**

11:15AM-12:00
Just for You Studio
Lori (FS)

6:15PM
Hydrofit**
Nancy

FRIDAY

8AM
Silver Sneakers
Classic Pam (MPR)

8AM & 9AM
Hydrofit**

9AM
Chair Boxing
Pam (Main Gym)

9:30AM
Chair Aerobics
Cindy(Main Gym)

10AM
Chair Volleyball
(MPR)

10-11:30AM**
Water Volleyball

10:00AM
Just For You
Studio
Cindy (FS)

11AM
Drummercize
Cindy (MPR)

11:30AM
Chair Yoga
Mara (MPR)

12PM
Beginner's Line
Dancing
Julia (AR)

12PM & 1PM
Arthritis Class **

SATURDAY

9-10AM
Zumba
Kristi (MPR)

10:15-11:15AM
Zumba
Megan (MPR)

WILDWOOD CHAPEL

9:30am
Monday - Silver
Sneakers w/Connie
Tuesday - Aerobics
w/Rhonda
Thursday- Silver
Sneakers w/ Rhonda
Friday-Yoga Style
Stretch w/Rhonda

Lunch Meet-Up
Z-Pub Diner
Chippewa
Beside Dunham's
March 4th, Wed. 12:30
Pay Your Way
Sign up lobby table

KEY

MPR=Multi-Purpose Room
AR=Aerobic Room
WC=Wellness Center
FS=Fitness Studio
CS = Cycle Studio
******=See Pool Schedule