

ALL AOA CLASSES ARE
30 MINUTES UNLESS
OTHERWISE NOTED

AOA Class Schedule

October 2026



MONDAY

5:15AM
HIIT Cycle
Jen B. (CS)
Register, Paid

8AM
Silver Sneakers Classic
Pam (MPR)

8AM & 9AM: Hydrofit**

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

9:30AM
Chair Aerobics
Connie (Main Gym)

10:00AM
Intermediate Vibration Plate
Must Register-Paid Class-Mara (AR)

10-11:30AM**
Water Volleyball

10:20AM
Intermediate Yoga Ball
Connie (MPR)

11AM
Just for You Weights
Judi (MPR)

11:30AM
Chair Yoga Judi (MPR)

12PM
Line Dancing Julia (AR)

12PM & 1PM
Arthritis Class**

12:15PM
Delay the Disease
Judi (MPR)

6-7PM Tai Chi
Doug (AR)

6-6:45PM
Youth Martial Arts
Terry (FS)

6:45-7:45PM
Teen/Adult Martial Arts Terry (AR)

TUESDAY

8AM
Silver Sneakers Classic Pam (MPR)

9AM Aqua Pilates**

9AM
Senior Step Cindy (AR)

9AM
Beginner Cycle
Judi (CS)

9:30AM
Resistance Machines
Cindy (FS)

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

10AM
Adaptive Yoga
Judi (AR)

10:30AM
Dynamic Dumbbells
Mary Frances (MPR)

11:00AM
Beginner Barre
Cindy (AR)

11:15-12PM
Just For You Studio
Lori (FS)

12-1PM
*Water Walking

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

6:15PM
Hydrofit**

WEDNESDAY

8AM
Silver Sneakers Classic Pam (MPR)

8AM & 9AM
Hydrofit **

9AM
Just for You Cindy (FS)

9:30AM
Senior Step
Mary Frances (MPR)

10AM
Chair Volleyball
Cindy (MPR)

10AM
Just For You
Mary Frances (FS)

10-11AM
Kristia (AR)

10-11:30AM**
Water Volleyball

11AM
Strength Training
Cindy (MPR)

11:30AM
Chair Yoga Mara (MPR)

12PM
Line Dancing Julia (AR)

12PM & 1PM
Arthritis Class **

2:25-3:25PM
Water Tai Chi**
No Class 16th

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

THURSDAY

8AM
Silver Sneakers Classic Pam (MPR)

9AM
Aqua Pilates**

9AM
Beginner Barre
Cindy (AR)

9:30
Just For You
Mary Frances (FS)

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

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

10am
HydroFit Shallow**

10:15AM
Senior Step
Mary Frances (MPR)

11AM
Silver Splash**

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

11:30-12:30PM
Walking Group
1st Bridgewater Riverside
8th Rochester Flag Park
15th River Rd Beaver
22nd CCBC Trail
29th Beaver Cemetery
Details in Event Flyer
Mary Frances

12-1pm
Water Walking**

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
Cindy (FS)

11AM
Drummerize
Cindy (MPR)

11:30AM
Chair Yoga
Mara (MPR)

12PM
Beginner's Line Dancing
Julia (AR)

12PM & 1PM
Arthritis Class **

1:15-2PM
Tai Chi
Doug (ML)
Must Register, Paid
2nd & 16th

6:15-7PM
Youth Martial Arts
Terry (AR)

7-8PM
Teen/Adult Martial Arts
Terry (AR)

SATURDAY

8-8:45AM
Cycle w/ Jen H.

9-10AM
Pilates/Barre
Jen H. (AR)

9-10AM
Zumba w/ Kristi (MPR)

10:15-11:15AM
Meghan (MPR)

SUNDAY

10lb Weights & Under
with Lori
3PM in MPR

Yoga with Shalon
4th, 18th & 25th
3PM in AR

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
Backdoor Tavern
128 Beaver St,
New Brighton
Oct. 7th 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