



Active Older Adult Group Fitness Classes 2024 Winter I

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January 2nd - February 24

Reservations Required. Register up to one week in advance!

MONDAY	CLASS	LOCATION	INSTRUCTOR
11:30-12:15pm	AOA Total Fitness	Aerobic Studio	Mary H
12:30-1:30pm	AOA Yoga	Aerobic Studio	Mary H
1:15-2:00pm	Stand or Sit to Be Fit	Mind Body Studio	Dianne T
TUESDAY	CLASS	LOCATION	INSTRUCTOR
7:00-8:00am	AOA Yoga	Mind Body Studio	Mary H
10:45-11:45am	Chair Yoga	Mind Body Studio	Linda
11:15-12:30pm	AOA Dance Party!	Aerobic Studio	Julie
WEDNESDAY	CLASS	LOCATION	INSTRUCTOR
12:00-12:45pm	AOA Total Fitness	Aerobic Studio	Mary H
1:15-2:00pm	Stand or Sit To Be Fit	Mind Body Studio	Julie
THURSDAY	CLASS	LOCATION	INSTRUCTOR
7:00-8:00am	AOA Yoga	Mind Body Studio	Mary W
10:30-11:15am	AOA Dance Party!	Aerobic Studio	Julie
10:30-11:30am	Chair Yoga	Mind Body Studio	Colleen
FRIDAY	CLASS	LOCATION	INSTRUCTOR
10:15am-11:00am	AOA Barre	Mind Body Studio	Colleen
11:00am-12:00pm	AOA Yoga	Aerobic Studio	Colleen

Check out our Small Group Training offerings as well:

Guard Up, Golden Glove Guard Guard Up, Power Up, Pure Strength, AOA Strength and Stability

Aquatic Fitness Classes 2024 Winter I

January 2nd - February 24

Reservations Required. Register up to one week in advance!

HAVE FUN. MAKE FRIENDS. BE FIT!

MONDAY	CLASS	LOCATION	INSTRUCTOR
5:30-6:20am	Aqua Challenge	Therapy Pool	Diane
8:00-8:45am	AOA Aqua Fusion	Therapy Pool	Marie
9:00-9:50am	Aqua Challenge	Competitive Pool	Debby
10:15-10:45am	River Resistance	Lazy River	Debby
11:00am-11:45am	AOA Aquamotion	Therapy Pool	Debby

TUESDAY	CLASS	LOCATION	INSTRUCTOR
9:00-9:50am	Aqua Running/Strength	Competitive Pool	Jess
10:00-10:30am	Aqua Strength	Therapy	Jess
10:45am-11:30pm	AOA Aqua Fusion	Therapy Pool	Debby
11:45am-12:15pm	River Resistance	Lazy River	Debby
12:30-1:15pm	AOA Aqua Boogie	Therapy Pool	Julie

WEDNESDAY	CLASS	LOCATION	INSTRUCTOR
5:30-6:20am	Aqua Challenge	Therapy Pool	Diane
9:00-9:50am	Aqua Challenge	Competitive Pool	Sarah S
9:45-10:15am	River Resistance	Lazy River	Jess K
10:30-11:15am	AOA Aqua Fusion	Therapy Pool	Debby
11:30-12:15pm	AOA Aquamotion	Therapy Pool	Debby

THURSDAY	CLASS	LOCATION	INSTRUCTOR
9:00-9:45am	Aqua Running/Strength	Competitive Pool	Sarah
9:30-10:15am	AOA Aqua Boogie	Therapy Pool	Julie
10:45-11:15am	Aqua Strength	Therapy Pool	Julie

FRIDAY	CLASS	LOCATION	INSTRUCTOR
5:30-6:20am	Aqua Challenge	Therapy Pool	Diane
9:00-9:50am	Aqua Challenge	Competitive Pool	Sarah S
10:30-11:15am	AOA Aquamotion	Therapy Pool	Sarah S

SATURDAY	CLASS	LOCATION	INSTRUCTOR
7:30-8:15am	Aqua Challenge	Therapy Pool	Marie