



Active Older Adult Group Fitness Classes *FALL 2022*

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

August 22—October 23

Reservations Required. Register up to one week in advance!

HAVE FUN. MAKE FRIENDS. GET FIT!

MONDAY	CLASS	LOCATION	INSTRUCTOR
11:30am-12:15pm	AOA Total Fitness	Aerobic Studio	Mary H
12:30-1:30pm	AOA Yoga	Aerobic Studio	Mary H
TUESDAY	CLASS	LOCATION	INSTRUCTOR
7:00-8:00am	AOA Yoga	Mind Body Studio	Mary H
11:15am-12:00pm	Chair Yoga	Mind Body Studio	Colleen M
11:15am-12:05pm	AOA Dance Party!	Aerobic Studio	Julie
WEDNESDAY	CLASS	LOCATION	INSTRUCTOR
10:00-10:45am	AOA Barre	Experience Studio	Colleen M
12:00-12:45pm	AOA Total Fitness	Aerobic Studio	Mary H
1:15-2:00pm	Sit To Be Fit	Mind Body Studio	Julie
THURSDAY	CLASS	LOCATION	INSTRUCTOR
7:00-8:00am	AOA Yoga	Mind Body Studio	Mary W
11:15am-12:00pm	Chair Yoga	Mind Body Studio	Linda G
11:15am-12:15pm	AOA Dance Party!	Aerobic Studio	Julie
FRIDAY	CLASS	LOCATION	INSTRUCTOR
11:00am-12:00pm	AOA Yoga	Aerobic Studio	Mary H

Aquatic Fitness Classes *Fall 2022*

September 6 - December 17

Reservations Required. Register up to one week in advance!

HAVE FUN. MAKE FRIENDS. BE FIT!

MONDAY	CLASS	LOCATION	INSTRUCTOR
5:30-6:15am	Aqua Bootcamp	Therapy Pool	Diane
8:00-8:45am	AOA Aqua Fitness	Therapy Pool	Marie
9:00-9:50am	Aqua Bootcamp	Competitive Pool	Debby
10:00-10:45am	AOA Aqua Fitness	Therapy Pool	Debby
11:15am-12:00pm	Joint Movement	Therapy Pool	Debby

TUESDAY	CLASS	LOCATION	INSTRUCTOR
8:00-8:50am	Aqua Running	Competitive Pool	Jess K
9:00-9:30am	Aqua Strength	Competitive Pool	Jess K
9:40-10:10am	River Challenge	Lazy River	Jess K
10:15-11:00am	AOA Aqua Boogie	Therapy Pool	Julie

WEDNESDAY	CLASS	LOCATION	INSTRUCTOR
5:30-6:15am	Aqua Bootcamp	Therapy Pool	Diane
9:00-9:50am	Aqua Bootcamp	Competitive Pool	Sarah S
10:00-10:30am	Aqua Strength	1/2 Therapy Pool	Jess K
11:15am-12:00pm	Joint Movement	Therapy Pool	Marie

THURSDAY	CLASS	LOCATION	INSTRUCTOR
8:00-8:45am	AOA Aqua Fitness	Therapy Pool	Marie
9:30-10:20am	Aqua Running/Strength	Competitive Pool	Jess K
10:30-11:00am	River Mix <i>*New Class*</i>	Lazy River	Julie

FRIDAY	CLASS	LOCATION	INSTRUCTOR
5:30-6:15am	Aqua Bootcamp	Therapy Pool	Diane
9:00-9:50am	Aqua Bootcamp	Competitive Pool	Sarah S
11:15am-12:00pm	Joint Movement	Therapy Pool	Marie
12:15-1:00pm	AOA Aqua Fitness	Therapy Pool	Marie