



# Fitness Schedule

Adult & AOA Fitness Schedule – Winter I: January 6<sup>th</sup> – March 1<sup>st</sup>

Time	Mon	Tues	Wed	Thurs	Fri
6:00 AM	Group Cycling (GP)	Group Cycling (GP)	Wednesday Wake-Up 5:45AM	Group Cycling (GP)	Muscle MAX 5:45AM
7:00 AM	*TRX-Cost	*Women Strength-Cost Yoga (GP)		*Women Strength-Cost Yoga (GP)	*TRX-Cost
7:45AM	*Yoga Stretch		*Yoga Stretch		*Yoga Stretch
8:15 AM		**Fit After 50		**Fit After 50	
8:30 AM	Going Strong I (Gym)	*Piloxing Barre (Gym) Stretch & Strengthen (GP)	Going Strong I (Gym)	Stretch & Strengthen (GP)	Going Strong I (Gym)
		Poolates (Small Pool)		Poolates (Small Pool)	
		Pool Fitness (Cole Pool)	*Pool Fitness (Cole Pool)	Pool Fitness (Cole Pool)	*Pool Fitness (Small Pool)
9:00 AM	*Pool Fitness (Cole Pool)				
9:15 AM	Group Cycling (GP)		Group Cycling (GP)		Group Cycling (GP)
	*TRX-Cost		*TRX-Cost		*TRX-Cost Poolates 9:20AM
9:30 AM	Too Fit To Quit (Gym)	Cardio/Core & Strength (Gym)	Too Fit To Quit (Gym)	Cardio/Core & Strength (Gym)	*Piloxing
9:45 AM		*Chair Yoga (GP)		*Chair Yoga (GP)	
		*Women Strength - Cost 10:00AM-10:30AM		*Women Strength - Cost 10:00AM-10:30AM	
10:30 AM	*Going Strong II (GYM)	Pickleball	*Going Strong II (Gym)	Pickleball	*Going Strong II (Gym)
		Poolates Deep End		Poolates Deep End	
		*Balance & Bones Gentle 10:35AM		*Balance & Bones Gentle 10:35AM	
11:00 AM	AOA Pool Fitness	**Balance & Bones 11:15AM	AOA Pool Fitness	**Balance & Bones 11:15AM	**Beginner Tai Chi (GP)
	**Beginner Tai Chi (GP)		**Beginner Tai Chi (GP)		
11:30 AM	**Progressive Tai Chi (GP)		**Progressive Tai Chi (GP)		**Progressive Tai Chi (GP)
12:00 PM	YOGA (GP)	Chair Yoga	YOGA (GP)	Chair Yoga	Therapy Swim
	Therapy Swim	Therapy Swim	Therapy Swim	Therapy Swim	
1:00 PM		AOA Pool Fitness Tai Chi Parkinson		AOA Pool Fitness (Small Pool)	
3:15PM	Jr Fit I (Ages 11-13)		Jr Fit I (Ages 11-13)		
4:00PM	High School Fit Ages (14-17)	M.I.G.H.T.Y	High School Fit Ages (14-17)		
5:10PM	Poolates				
5:30 PM	Group Cycling (GP)	Body Shaping (Piloxing 1 <sup>st</sup> Tues of each month)	Group Cycling (GP)	Body Shaping	Pickleball (Gym)
	Cardio Shape Up (Gym)	TRX-Cost	Cardio Shape Up (Gym)	TRX-Cost	Group Cycling (Begins Nov. 8 <sup>th</sup> )
6:05PM		*Large Pool Fitness		*Large Pool Fitness	
6:30 PM	Zumba (Gym)	Group Cycling (GP)	Zumba (Gym)	*NEW* Low Impact Zumba (GP)	Therapy Swim (Small Pool)
	Yoga (GP)		Yoga (GP)		
	Jr Fit II (Ages 8-10) Therapy Swim	Pound Generation (Ages 6-12)	Jr Fit II (Ages 8-10) Therapy Swim	Sword Play (Ages 6-12)	
7:15PM		*TRX Cost			

SATURDAY: 7AM Group Cycling / 8AM Boot Camp / 9:15AM Pound

**Set up & breakdown of equipment is included in this one hour time.**

Members aged 12 & 13 may participate in classes with a parent. Except Cycling & Poolates. Registration is encouraged in case of class changes  
Denotes\*45 minutes/\*\*30 minutes class times. TRX drop in for members only \$5.00