

AOA CLASS SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
GYM	Going Strong I 8:05 AM <i>Paula</i>	FTR	Fit After 50 8:15 AM <i>Tony</i>	GYM	Going Strong I 8:05 AM <i>Paula</i>	FTR	Fit After 50 8:15 AM <i>Tony</i>	GYM	Strength Training 8:05 AM <i>Chris</i>
SM	AOA Pool Fitness 10:30 AM <i>Cindy</i>	LG	Pool Fitness 8:30 AM <i>Cindy</i>	SM	AOA Pool Fitness 10:30 AM <i>Cindy</i>	LG	Pool Fitness 8:30 AM <i>Cindy</i>	SM	Pool Fitness 9:05 AM <i>Teri</i>
GYM	Going Strong II 10:30 AM <i>Teri</i>	SM	Poolates 9:00 AM <i>Heidi</i>	GYM	Going Strong II 10:30 AM <i>Teri</i>	SM	Poolates 9:00 AM <i>Heidi</i>	GYM	Going Strong II 10:30 AM <i>Teri</i>
SM	AOA Pool Fitness 11:15 AM <i>Cindy</i>	GYM	Pickleball 10:30-12:00	SM	AOA Pool Fitness 11:15 AM <i>Cindy</i>	GYM	Pickleball 10:30-12:00		
SM	Poolates 4:15 PM <i>Teri</i>	GP	Chair Yoga 10:15 AM <i>Heidi</i>			GP	Chair Yoga 10:15 AM <i>Heidi</i>		
		SM	Deep End Poolates 10:45 AM <i>Teri</i>			SM	Deep End Poolates 10:45 AM <i>Teri</i>		
		GP	Balance & Bones 11:20 AM <i>Heidi</i>			GP	Balance & Bones 11:20 AM <i>Heidi</i>		
		GP	Chair Yoga 12:00 PM <i>Teri</i>			GP	Chair Yoga 12:00 PM <i>Teri</i>		