



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Active Older Adult Group Fitness Classes Fall II 2020

HAVE FUN. MAKE FRIENDS. GET FIT!

MONDAY	CLASS	LOCATION	INSTRUCTOR
11:30am-12:15pm	<b>AOA Strength &amp; Stability</b>	Aerobic Studio	Mary H
12:30-1:15pm	<b>Sit To Be Fit</b>	Mind Body Studio	Sarah Z

TUESDAY	CLASS	LOCATION	INSTRUCTOR
7:00-8:00am	<b>Gentle Yoga</b>	Mind Body Studio	Mary H
10:40-11:25am	<b>Chair Yoga</b>	Mind Body Studio	Deny

WEDNESDAY	CLASS	LOCATION	INSTRUCTOR
11:30am-12:15pm	<b>AOA Cardio Fitness</b>	Aerobic Studio	Mary H
12:30-1:15pm	<b>Sit To Be Fit</b>	Mind Body Studio	Deny

THURSDAY	CLASS	LOCATION	INSTRUCTOR
10:30-11:15am	<b>Chair Yoga</b>	Mind Body Studio	Deny

FRIDAY	CLASS	LOCATION	INSTRUCTOR
11:30am-12:30pm	<b>Zumba Gold</b>	Aerobic Studio	Kris G
12:30-1:15pm	<b>Sit To Be Fit</b>	Mind Body Studio	Sarah S

# Aquatic Fitness Classes Fall II 2020

HAVE FUN. MAKE FRIENDS. GET FIT!

MONDAY	CLASS	LOCATION	INSTRUCTOR
5:30-6:15am	Aqua Challenge	Therapy Pool	Diane
9:00-9:55am	Aqua Challenge	Competitive Pool	Debby
10:00-10:30am	River Challenge	Lazy River	Debby
11:00-11:45am	Joint Movement	Therapy Pool	Debby
1:30-2:15pm	Aqua Fitness	Therapy Pool	Debby

TUESDAY	CLASS	LOCATION	INSTRUCTOR
9:00-9:45am	Aqua Fitness	Therapy Pool	Deny
9:00-9:45am	Aqua Boot Camp	Competitive Pool	Debby
9:50-10:15am	Aqua Core *New Class*	Competitive Pool	Debby
10:30-11:00am	River Challenge	Lazy River	Debby
11:30am-12:15pm	Joint Movement	Therapy Pool	Deny
1:30-2:15pm	Aqua Zumba	Therapy Pool	Sarah Z

WEDNESDAY	CLASS	LOCATION	INSTRUCTOR
5:30-6:15am	Aqua Challenge	Therapy Pool	Diane
9:00-9:45am	Aqua Zumba	Competitive Pool	Sarah Z
10:00-10:30am	River Challenge	Lazy River	Deny
11:00-11:45am	Joint Movement	Therapy Pool	Deny
1:30-2:15pm	Aqua Fitness	Therapy Pool	Deny

THURSDAY	CLASS	LOCATION	INSTRUCTOR
8:30-9:15am	Aqua Zumba	Therapy Pool	Sarah Z
9:00-9:45am	Aqua Challenge	Competitive Pool	Deny
11:30am-12:15pm	Joint Movement	Therapy Pool	Deny

FRIDAY	CLASS	LOCATION	INSTRUCTOR
5:30-6:15am	Aqua Challenge	Therapy Pool	Diane
9:00-9:55am	Aqua Running	Competitive Pool	Sarah S
11:00-11:45am	Joint Movement	Therapy Pool	Sarah S
1:30-2:15pm	Aqua Fitness	Therapy Pool	Sarah S