



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Active Older Adult Group Fitness Classes Winter 2021

HAVE FUN. MAKE FRIENDS. GET FIT!

| MONDAY | CLASS | LOCATION | INSTRUCTOR |
|-----------------|---------------------------------------|------------------|------------|
| 11:30am-12:15pm | AOA Strength & Stability-Live Virtual | Aerobic Studio | Mary H |
| 12:30-1:15pm | Sit To Be Fit -Live Virtual | Mind Body Studio | Sarah Z |

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

| WEDNESDAY | CLASS | LOCATION | INSTRUCTOR |
|-----------------|----------------------------|------------------|------------|
| 11:30am-12:15pm | AOA Cardio Fitness | Aerobic Studio | Mary H |
| 12:30-1:15pm | Sit To Be Fit-Live Virtual | Mind Body Studio | Deny |

| THURSDAY | CLASS | LOCATION | INSTRUCTOR |
|---------------|-------------------------|------------------|------------|
| 10:30-11:15am | Chair Yoga-Live Virtual | Mind Body Studio | Deny |

| FRIDAY | CLASS | LOCATION | INSTRUCTOR |
|-----------------|----------------------------|------------------|------------|
| 11:30am-12:30pm | Zumba Gold | Aerobic Studio | Kris G |
| 12:30-1:15pm | Sit To Be Fit-Live Virtual | Mind Body Studio | Sarah S |

Aquatic Fitness Classes Winter 2021

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 |