



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT GROUP EXERCISE CLASS DESCRIPTIONS

Adults of all ages are welcome to attend AOA classes which are designed and recommended for members age 55 and up.

AOA Aquafit

This water fitness program combines the cardiovascular benefits of aerobics with flexibility, strengthening and range of motion exercises.

AOA Aquafit Plus

This fast-paced, fun-filled class promotes cardiovascular health, flexibility, weight loss and increased strength.

AOA Aqua Yoga

The class will include traditional yoga postures adapted to the water, and it is designed to accommodate all levels of ability. It will enhance flexibility, strength, breath and body awareness while connecting mind and body.

AOA Aqua Zumba®

Have fun with the low-impact, high-energy 45-minute water workout! You'll make a splash with this wet and wild party in the pool!

AOA Chair Yoga - Getting Fit While You Sit!

Enjoy the many benefits of yoga in this 45-minute class that promotes relaxation and concentration while performing yoga postures on a chair. This program is appropriate for those with physical limitations.

AOA Cycling

Try this indoor cycling class for a challenging workout to help reduce body fat, tone muscles and promote cardiovascular fitness.

AOA Funky Fitness

A low impact cardio dance class that incorporates moves with music from the 50's through today's popular hits.

AOA Gentle Yoga

This course will focus on balance, joint flexibility, strength, proper breathing and relaxation. Regular yoga practice leads to better health, adding mobility to the spinal column, strengthening the abdominals and helping to alleviate back pain.

AOA Light Weight Workout

This 45-minute strength training program utilizes dumbbell weights (1 – 3 lbs.) with emphasis on proper technique and safety. Exercises can be performed while seated on chairs or stability balls, as well as standing on the floor.

AOA Line Dancing

Enjoy meeting new friends and help improve your memory skills while learning a variety of dance steps to popular music.

AOA Pilates & Stretch

For those looking for a challenging workout, this class will provide exercises performed on floor mats utilizing Pilates rings to strengthen the body's core muscle groups.

AOA Pilates for Beginners

Learn the basic techniques of Pilates and gain a better understanding of the philosophy while improving posture and body alignment.

AOA Shape Up

This program consists of low impact aerobics for cardiovascular conditioning combined with mat work to firm up the hips, thighs, buttocks and abdominals.

AOA Steppin' EZ

A beginner program designed to teach the basics of step aerobics. This 45-minute class also includes warm up, cool down and stretching exercises.

AOA Strength Training

Dumbbell weights (3 – 10 lbs.) are provided for this weight training program to strengthen and tone muscles, increase stamina and help to prevent osteoporosis.

AOA Tai Chi

Tai Chi is a mind-body exercise which integrates slow, intentional movements with breathing, mindfulness, and imagery. It gently exercises all joints and muscles of the body and is ideal for people of all levels of physical conditioning. Tai Chi may help relieve stress and tension, and improve your balance, coordination, and posture. Classes will be taught by Lee Atwater, Tai Chi Instructor since 1990.

AOA Zumba Gold®

This 45-minute aerobic dance fitness program incorporates exciting Latin-style music to provide a safe and total body workout geared for the active older adult.

For more information, please contact 609.581.9622 ext. 117.