



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT GROUP EXERCISE CLASS SCHEDULE

Summer Session: June 19 - August 27

Monday	Tuesday	Wednesday	Thursday	Friday
AOA Strength Training 8:00 a.m.		AOA Strength Training 8:00 a.m.	AOA Pilates & Stretch 8:00 a.m.	AOA Strength Training 8:00 a.m.
AOA Gentle Yoga 8:00 a.m.	AOA Cycling 8:00 a.m.		AOA Cycling 8:00 a.m.	
AOA Steppin' EZ 9:15 a.m.	AOA Aquafit 9:00 a.m.	AOA Funky Fitness 9:00 a.m.	AOA Aquafit 9:00 a.m.	AOA Steppin' EZ 9:15 a.m.
AOA Beginner Pilates 10:00 a.m.	AOA Zumba Gold 10:00 a.m.		AOA Gentle Yoga 9:15 a.m.	
AOA Shape Up 11:00 a.m.	AOA Strength Training 11:00 a.m.		AOA Strength Training 11:00 a.m.	
			AOA Light Weight Workout 12:00 p.m.	
AOA Light Weight Workout 12:00 p.m.	AOA Light Weight Workout 12:00 p.m.	AOA Light Weight Workout 12:00 p.m.	AOA Tai Chi - Level I 1:00 p.m.	AOA Light Weight Workout 12:00 p.m.
AOA Aquafit Plus 1:30 p.m.		AOA Chair Yoga 1:00 p.m.	AOA Aquafit Plus 1:30 p.m.	AOA Zumba Gold 1:00 p.m.
AOA Chair Yoga 2:00 p.m.	AOA Aqua Zumba 2:00 p.m.	AOA Aquafit 1:30 p.m.	AOA Tai Chi - Level II 1:45 p.m.	AOA Aquafit 2:00 p.m.

Program member fees: \$60.00 per 10-week session, per program. *Adults age 62 years and up receive 50% discount on program fees.* Facility & Facility Plus members are free. AOA programs are recommended for adults age 55 years and up. Classes may be cancelled due to insufficient enrollment. For more information, please contact JoAnn Keephart, Active Older Adult Director, at 609.581.9622 ext. 117.