



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT GROUP EXERCISE CLASS SCHEDULE

Winter Session: January 7 – March 3

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 Aquafit 9:00 a.m.	AOA Steppin' EZ 9:15 a.m.
AOA Shape Up 10:00 a.m.	AOA Zumba Gold 10:00 a.m.	AOA Shape Up 11:00 a.m.	AOA Gentle Yoga 9:15 a.m.	
AOA Beginner Pilates 11:00 a.m.	AOA Strength Training 11:00 a.m.	AOA Beginner Pilates 12:00 p.m.	AOA Strength Training 11:00 a.m.	AOA Shape Up 11:00 a.m.
	AOA Funky Fitness 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 Light Weight Workout 12:00 p.m.	AOA Line Dancing 1:00 p.m.	AOA Tai Chi – Level I 1:00 p.m.	AOA Aqua Yoga 1:00 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: \$63.00 per 8-week session, per program. *Adults age 65 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 609.581.9622 ext. 117.