2017 WINTER FITNESS CLASSES SCHEDULE

MONDAY
5:30am-9pm

- Full Body Fitness 6-7am (A)
- Get RIPPED! (A) 9:15-10:15am
- Pilates 9-10am
- Gentle Restorative Yoga 10:15-11:30am beginning Jan. 2
- Stretch & Movement 10:05-10:55am
- AOA Cardio 11-11:45am
- Adult Drop-in Basketball 12-1:30pm
- Adult Drop-in Pickleball 1:45-3:15pm
- Tai Chi 6:30-7:30pm
- Cardio Strength 6-7pm (A)

TUESDAY
5:30am-9pm

- Full Body Fitness 6-7am (A)
- Total Body Conditioning 9-9:55am (A)
- Tai Chi: MBB 10-10:45am
- Adult Ballet ($) 10-11:15am
- Members Only AOA Circuit Training 10:45-11:45am
- Parkinson's ($) Exercise 2:25-3:25pm
- Circuit Training 5:30-6:30pm
- Healthy Choices Healthy You 6-7pm 1/24-2/28 ($)
- All Levels Yoga 7:15-8:30pm

WEDNESDAY
5:30am-9pm

- Full Body Fitness 6-7am (A)
- Zumba 9:15-10:15am
- Stretch & Movement 10:05-10:55am
- AOA Cardio 11-11:45am
- Hatha Yoga 12-1pm
- Adult Drop-in Basketball 12-1:30pm
- Adult Drop-in Pickleball 1:45-3:15pm
- Zumba 6-7pm
- Meditation 7:15-8pm

THURSDAY
5:30am-9pm

- Pilates 9-10am
- Total Body Cond. 9-9:55am (A)
- Tai Chi: MBB 10-10:45am
- Members Only AOA Circuit Training 10:45-11:45am
- Barre Fusion 11-11:55am
- Parkinson's ($) Exercise 2:25-3:25pm
- Hi-Fi (A) 6-7pm
- Circuit Training 5:30-6:30pm
- Tai Chi 6:30-7:30pm

FRIDAY
5:30am-9pm

- Full Body Fitness 6-7am (A)
- Gentle Yoga 9-10am
- Cardio Kickboxing (A) 9:15-10:15am beginning Jan. 1
- Stretch & Movement 10:05-10:55am
- Baila Conmigo! Dance with Me! 10:15-11:15am
- Adult Drop-in Basketball 11am-1:30pm
- Adult Drop-in Pickleball 1:45-3:15pm
- Zumba 5:45-6:45pm

SATURDAY
7am-5pm

- Couch to 5K ($) 8-9am 1/14-3/11
- Cardio Step (A) 8:15-9:15am
- Saturday Sweat (A) 9:30-10:30am
- Power & Flow Yoga 10:30-11:45am

SUNDAY
9am-4pm

- All Levels Yoga 9:30-10:45am

($) Fee-Based Class

Child Watch is available to members during most Adult Fitness classes.

Call the Front Desk for hours: 503-284-3377