



ACTIVE OLDER ADULT (AOA) SCHEDULE

Jan 6– Mar 22

MON	TUE	WED	THURS	FRI	SAT
LAP POOL					
8-8:55 am Shallow Water Aerobics (1) Lap Lane		8-8:55 am Shallow Water Aerobics (1) Lap Lane		8-8:55 am Shallow Water Aerobics (1) Lap Lane	8:30-9:25 am Shallow Water Aerobics (1) Lap Lane
9-9:55 am Shallow Water Aerobics (1) Lap Lane	9:30-10:25 am Shallow Water Aerobics (1) Lap Lane	9-9:55 am Shallow Water Aerobics (1) Lap Lane	9:30-10:25 am Shallow Water Aerobics (1) Lap Lane	9-9:55 am Shallow Water Aerobics (1) Lap Lane	
10-10:45 am Aqua Zumba (1) Lap Lane	10:30-11:25 am Deep Water Exercise (1) Lap Lane	10-10:45 am Aqua Zumba (1) Lap Lane	10:30-11:25 am Deep Water Exercise (1) Lap Lane	10-10:45 am Aqua Zumba (1) Lap Lane	
11-11:55 am AOA Water Aerobics (1) Lap Lane		11-11:55 am AOA Water Aerobics (1) Lap Lane		11-11:55 am AOA Water Aerobics (1) Lap Lane	
6:30-7:25 pm Shallow Water Aerobics (1) Lap Lane		6:30-7:25 pm Shallow Water Aerobics (1) Lap Lane			
7:30-8:30 pm Deep Water Aerobics (1) Lap Lane		7:30-8:30 pm Deep Water Aerobics (1) Lap Lane			
CLASS COLOR CODE:					
			<div style="display: flex; justify-content: space-around;"> <div style="background-color: #4a5568; color: white; padding: 5px; border-radius: 5px;">LAND EXERCISE</div> <div style="background-color: #e85c34; color: white; padding: 5px; border-radius: 5px;">WATER EXERCISE</div> </div>		
PROGRAM POOL					
	8:30-9:25 am AOA		8:30-9:25 am AOA		
12-12:55 pm Arthritis	10:30-11:25 am AOA	12-12:55 pm Arthritis	10:30-11:25 am AOA	12-12:55 pm Arthritis	
1-1:55pm AOA	11:45 am-12:30 pm Aqua Mobility		11:45 am-12:30 pm Aqua Mobility	1-1:55pm AOA	
	6:30-7:25pm Shallow Water Aerobics		6:30-7:25pm Shallow Water Aerobics		
MULTIPURPOSE ROOMS 1, 2, & 3					
8-8:45 am L.I.F.E. MP1, Lisa G.	10-11am Tai Chi MP2, James	8-8:45 am L.I.F.E. MP1, Lisa G.		8-8:45 am L.I.F.E. MP1, Lisa G.	
10:45-11:30am SilverSneakers Stability MP2, Barb	11:45am-12:30pm Chair Yoga MP1, Rachel	10:15-11 am Chair Yoga MP2, Alli		10:45-11:30am SilverSneakers Classic MP2, Rachel	
		11-11:45am Zumba Gold MP1, Holly	11:45-12:30pm Chair Yoga MP1, Robert		
12-1 pm Enhance Fitness MP1, Barb		12-1 pm Enhance Fitness MP1, Lisa G.		12-1 pm Enhance Fitness MP1, Lisa G.	

CLASS DESCRIPTIONS

Even if a class has an indicated intensity outside of your comfort level, our instructors are trained to give modifications to every fitness level.

CHAIR YOGA A gentle form of yoga practiced sitting on a chair or standing using the chair for support. Will deepen flexibility and strengthen body awareness. Breath awareness and moving meditation flow included.

ENHANCE FITNESS: A cardio and strength fitness class for the active older adults. Balance, coordination and cardio movements fused into this fun, community based class. Chairs available if needed.

L.I.F.E.—Low Impact For Everyone: low impact aerobic moves involving large muscle groups and stretching with the use of light weights and tubing

SILVER SNEAKERS CLASSIC: Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support

SILVER SNEAKERS STABILITY: designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level.

TAI CHI: helps cultivate life energy within to flow powerfully throughout the body. Use mind body integration to flow through movements while using the breath. Leave feeling more vibrant and peaceful.

ZUMBA GOLD: Zumba means “to move fast and have fun!” but at a light to moderate pace in this GOLD class targeting the Active Older Adult.

AOA (ACTIVE OLDER ADULT): A low to medium intensity class to help relieve pain and stiffness while increasing cardiovascular and muscle conditioning.

ARTHRITIS: This is a low intensity class for participants with arthritis, fibromyalgia or those recovering from injury. The program works on flexibility and range of motion for the whole body. It also works on cardiovascular and muscle conditioning.

DEEP WATER AEROBICS: This is a medium to high intensity class. The focus is on building muscle and cardiovascular conditioning. You must be comfortable in the deep end.

SHALLOW WATER AEROBICS: A high-intensity low impact training that combines cardiovascular, flexibility, and muscle conditions. You do not need to know how to swim.

AQUA ZUMBA: a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

AQUA MOBILITY: a class about stretching, balance and core strength.