



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## AOA GROUP EXERCISE & ACTIVITIES SCHEDULE Tucker Avenue Branch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Winter 2012</b>						
Tuesday, January 2 to February 28	<b>9:00am</b> AOA Fitness Linda Gym	<b>7:00am</b> Deepak Chopra Yoga Donna V. Studio	<b>9:00am</b> AOA Fitness Linda Gym	<b>7:00am</b> Deepak Chopra Yoga Donna v. Gym	<b>9:00am</b> Line Dance Pat Studio	
All classes are 45 minutes unless noted: *= 60 minutes **=30 minutes	<b>10:15am</b> Project Health Bones Pat Studio Starting 1/9	<b>8:30am</b> Dance Party LaVerne Studio	<b>10:15am</b> Walking Club Pat Bicentennial Park Weather permitting	<b>8:30am</b> Zumba Gold Donna V. Studio	<b>10:15am</b> Project Health Bones Pat Studio Starting 1/13	
Group Exercise classes are FREE for Full Members.	<b>11:00am-1:00pm</b> Pickle Ball Gym Age 18+	<b>9:15am</b> Arthritis Program Linda * Gym	<b>3:00-4:00pm</b> Pickle Ball Beginners Welcome	<b>9:15am</b> Arthritis Program Linda * Gym		
Program Members can purchase a group exercise GO CARD worth 16 classes.		<b>10:15am</b> Yoga Stretch Pat Studio	<b>7:15-8:30pm</b> Pickle Ball Gym Age 18+	<b>10:15am</b> Walking Club Lorraine Bicentennial Park Weather permitting		<b>Sunday</b>  <b>9:15-11:45am</b> Pickle Ball Gym Age 18+
GO CARDS expire 60 days from date of purchase.		<b>10:15am</b> Walking Club Lorraine Bicentennial Park Weather permitting		<b>10:30am</b> Tai Chi from the Arthritis Foundation Linda * Gym		
Group Exercise classes are available to members 12 years of age and older.		<b>10:30am</b> Tai Chi from the Arthritis Foundation Linda * Gym		<b>11:45am-1:45pm</b> Pickle Ball Age 18+		
Schedule may be subject to change.	<b>6:30pm</b> Adult Tap Meghan * Studio Fee Applies	<b>5:30pm</b> Zumba Bedcie Studio				