



# SILVERSNEAKERS®/ACTIVE OLDER ADULTS CALENDAR OF EVENTS JANUARY 2024



## PICKLEBALL:

- **BEGINNERS PICKLEBALL**  
Tuesday & Thursday  
11:30am - 1 pm
- **INTERMEDIATE/  
ADVANCED PICKLEBALL**  
Monday & Thursday  
1 pm - 3pm
- **OPEN PICKLEBALL**  
Monday-Thursday 5am-9am  
Tuesday & Wednesday 1pm-3pm  
Friday 5am-10am & 1pm-3pm  
Saturday 6am-8am & 3pm-5:45pm  
Sunday 7am-9am & 1pm-3:45pm



## OUT TO LUNCH:

Join other AOA members for food, fun and fellowship. Sign up at Welcome Center desk.

1/9 ALA ROMA - 11:30 am  
2/13 BACKYARD BAR & GRILL - 11:30 am  
3/12 MANCINO'S - 11:30 am



## AOA BOOK CLUB:

We will meet the last Thursday of each month to discuss the book we're reading and to pick a new one! Books will be provided.

Last Thursday of each month  
11:30 am - 12:30 pm  
Fond du Lac Family YMCA  
Healthy Living Center

## WATER FITNESS CLASSES:

- AQUA ABS & ARMS
- AQUA FIT
- DEEP WATER POWER
- MID-TEMPO AQUA BEATS
- MORNING GRIND WATER AEROBICS
- POOL PARTY
- SPLASH JAM
- TONE & STRETCH
- WATER AEROBICS
- WATER YOGA



(Please check  
Family Pool  
Schedule)



## FLEXIBILITY:

- **DEEP STRETCHING**  
6:15 - 7:00 am  
Thursday :: Studio 4

## CARDIO:

- **LOW INTENSITY AEROBICS**  
7:15 - 7:45 am :: Wednesday :: Studio 4
- **SILVER SNEAKERS CARDIO CIRCUIT**  
10:15 - 11:15 am :: Thursdays :: Community Gym
- **STEP & TONE**  
7:15 - 7:50 am :: Friday  
Studio 4
- **ZUMBA GOLD**  
10:00 - 10:45 am :: Wednesday  
Studio 1



## STRENGTH & BALANCE:

- **ESSENTRICS® Aging Backwards®**  
10:15 - 11:15 am :: Monday  
Community Gym
- **SILVER SNEAKERS YOGA**  
10:15 - 11:00 am :: Wednesday & Friday  
Community Gym
- **STRENGTH & BALANCE**  
1:30 - 2:15 pm  
Monday & Wednesday  
Studio 4
- **TAI CHI CONCEPTS**  
10:30 - 11:30 am :: Monday  
1:30 - 2:30 pm :: Friday  
Studio 4

