

### 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



**CARDIO:** 

STEP & TONE

Studio 4

LOW INTENSITY AEROBICS

7:15 - 7:45 am :: Wednesday :: Studio 4

10:15 - 11:15 am :: Thursdays :: Community Gym

ZUMBA GOLD

7:15 - 7:50 am :: Friday 10:00 - 10:45 am :: Wednesday

Studio 1

SILVER SNEAKERS CARDIO CIRCUIT

#### **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**

- WATER AEROBICS



#### **STRENGTH & BALANCE:** (Please check Family Pool

• 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

## **CLASSES:**



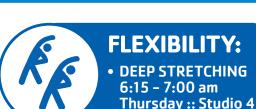


• DEEP WATER POWER

MID-TEMPO AOUA BEATS

- MORNING GRIND WATER AEROBICS
- POOL PARTY
- SPLASH JAM
- TONE & STRETCH

WATER YOGA





Schedule)