



# March 2026 AOA Group Fitness Schedule

Monday
<b>SS® Yoga (B)</b> 8:00-8:45am / Nancy
<b>SS® Classic (A)</b> 8:30-9:15am / Linda D.
<b>Fit Rx (A)</b> 10:45-11:45am / Jill

Class Fees	
CCC Member	Included in Membership
Non-Member	Daily Admission

Tuesday
<b>SS® Splash (P)</b> 8:30-9:15am / Kristen <i>*No class March 17 due to AOA ShamRock N Roll W.O. *March 31 class is at 8:00am</i>
<b>SS® Yoga (A)</b> 8:30-9:15am / Nancy <i>*No class March 17 due to AOA Sham-Rock N Roll W.O.</i>
<b>AOA SSM (B)</b> 9:30am-10:15am / Kristen
<b>Tai Chi (B)</b> 10:30-11:30am / Linda V.

Wednesday
<b>SS® Classic (A)</b> 8:30-9:15am / Jennifer <i>*No class March 4 due to AOA Wellness Retreat at Carver</i>
<b>SS® Well Balanced (B)</b> 10:45-11:30am / Marie
<b>Fit Rx (A)</b> 10:45-11:45am / Sarah D.
<b>Deep Water (P)</b> 5:15-6:00pm / Kelly

Thursday
<b>SS® Splash (P)</b> 8:30-9:15am / Kristen
<b>SS® Classic (A)</b> 8:30-9:15am / Jennifer
<b>AOA SSM (B)</b> 9:30-10:15am / Kristen
Class Key
RED = Please note!
(A) = Studio A
(B) = Studio B
(P) = Pool

Friday
<b>SS® Classic (A)</b> 8:30-9:15am / Jennifer
<b>SS® Yoga (B)</b> 8:30-9:15am / Gina
<b>SS® Well Balanced (B)</b> 9:30-10:15am / Marie
<b>Fit Rx (A)</b> 10:45-11:45am / Leanne

## Class Descriptions

**AOA SSM (Strength, Stability & Mindfulness):** Promoting independence with strength, range of motion, stability, balance, brain health and mindfulness using a variety of equipment and a SS chair.

**Deep Water:** This high-intensity (low-impact) workout takes place in deep water, using the buoyancy and resistance of water (floatation belts are used).

**Fit Rx:** This recreational class is for **ANY**body (beginners to AOA's) wanting lower-impact, with *moderate to intermediate* exercise intensity levels. Class will incorporate weights, aerobics and stretching to directly improve all aspects of physical fitness. Participants will move from standing to lying exercises. Class is 60 minutes—last 15 minutes is stretching.

**SS® Classic:** This SilverSneakers® format is specifically for **active older adults**. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. A chair is used for seated and/or standing support.

**SS® Splash:** This SilverSneakers® format utilizes the physical properties of the water to enhance agility, range of motion and cardio vascular conditioning while using a water tools to develop strength, balance and coordination. This format is geared towards **active older adults**.

**SS® Well Balanced:** The SilverSneakers® Well-Balanced program includes assessment, education, and exercises to help older adults reduce their risk of falls. You'll explore the many causes of falls, and complete a functional fitness assessment. Learn exercises to enhance strength, balance, coordination, reaction time, and flexibility/mobility. (Chair & weights are used)

**SS® Yoga:** This SilverSneakers® format is geared towards **older adults**. Move your whole body through a complete series of seated and standing yoga poses. Chair support is used (no yoga mats allowed) to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation are included.

**Tai Chi:** Get the benefits of relieving stress, easing depression and improving balance with gentle, slow movements which help harmonize your body and mind.