

AOA Group Fitness Schedule **June 2022**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00- 8:45am		SS® Splash / Carisa Starts June 14		SS® Splash / Kelly Starts June 16	
8:30- 9:15am	SS® Classic / Carisa SS® Yoga / Nancy (Fitness Studio)	AOA Cardio Mix / Gina	SS® Classic / Carisa June 8, 22 & 29 only	SS® Yoga / Nancy	SS® Classic / Jennifer
9:00- 9:45am			AOA Walk In The Park / Carisa June 1 & 15 only (Firemen's Park)		
9:30- 10:15am		SS® Classic / Jennifer (Fitness Studio)		SS® Classic / Jennifer No class June 2 (Fitness Studio)	Barre Blend / Sarah B. No class June 3 (Fitness Studio)
9:45- 10:30am			Zumba® Gold / Sarah B. No class June 1 (Fitness Studio)		
10:45- 11:30am	Fit Rx / Sarah B.		Fit Rx / Sarah B.		Fit Rx / Sarah B.
11:00- 11:45am		SS® Splash / Carisa June 7 only		SS® Splash / Sarah B. June 2 & 9 only	

Please note important dates / Class descriptions on back / Classes are held in the Wellness Studio, unless specified as other.