









## AHWC October Fall 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM	POOL Exercise 8:00-9:00am		POOL Exercise 8:00am-9:00am		POOL Exercise 8:00am-9:00am		
9:00AM	Aerobics 9:00am-9:45am		Aerobics 9:00am-9:45am		Aerobics 9:00am-9:45am		
10:00AM	Senior Yoga  10:00am-10:45am		Senior Yoga  10:00am-10:45am				
11:00AM		<b>SILVER&amp;FIT</b>  EXPERIENCE 11:00am-12:00pm		<b>SILVER&amp;FIT</b>  EXPERIENCE 11:00am-12:00pm			
12:00AM			Pool CLOSED Cleaning 11:00am-1:00pm				
1:00PM						RESERVED  EMPLOYEE SWIM ONLY  1:00pm-4:00pm	
2:00PM		<b>SILVER&amp;FIT</b>  EXPLORE 2:00pm-2:45pm		<b>SILVER&amp;FIT</b>  EXPLORE 2:00pm-2:45pm			
3:00PM			<b>Fit4Life</b> 3:00pm-3:30pm				
4:00PM	POOL Exercise 4:00pm-5:00pm		POOL Exercise 4:00pm-5:00pm		POOL Exercise 4:00pm-5:00pm	NO COMMUNITY USE	
5:00PM							

**NOTE:** Any changes to classes held in the Exercise Room will be indicated on the monthly schedule which is located on the Wellness Center board & Exercise Room.