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Monday

9- 10 AOA Aerobics  
Group Exercise Studio.....Uniqua

10 - 10:30 AOA Stretching  
Group Exercise Studio.....Uniqua

10:30 - 11:30 M.E.L.T.  
Group Exercise Studio.....Edya

10:30 - 11:30 Vinyasa Yoga  
Mind/Body Studio.....Jason

12 - 1 Intro to Mat Pilates  
Mind/Body Studio.....Paolina

1:15 - 2:15 Feldenkrais Method  
Mind/Body Studio.....Donna

Thursday

9:30 - 10:30 AOA Aerobics  
Group Exercise Studio.....Alexandra

10:30 - 11:30 AOA Sit and Sculpt  
Mind/Body Studio.....Alexandra

11:30 - 12:30 OA Stretching  
Mind/Body Studio.....Alexandra

Tuesday

9:30 - 10:30 AOA Aerobics  
Group Exercise Studio.....Alexandra

10:30 - 11:15 AOA Sit & Sculpt  
Mind/Body Studio.....Alexandra

11:15 - 12 AOA Stretching  
Mind/Body Studio.....Alexandra

Friday

7:15 - 8:30 Vinyasa Yoga  
Mind/Body Studio.....Kathi

9 - 10 AOA Aerobics  
Group Exercise Studio.....Larissa

10 - 10:15 AOA Stretching  
Group Exercise Studio.....Larissa

10:30 - 11:30 M.E.L.T.  
Group Exercise Studio.....Kelly

11:30 - 12 M.E.L.T. Hand and Foot  
Group Exercise Studio.....Kelly

Wednesday

9 - 9:30 AOA Body Conditioning  
Group Exercise Studio.....Larissa

9:30 - 10:30 AOA Aerobics  
Group Exercise Studio.....Larissa

10:30 - 10:45 AOA Stretching  
Group Exercise Studio.....Larissa

11-12 Feldenkrais Method  
Mind/Body Studio.....Donna

12:30 - 1:30 Mat Pilates  
Group Exercise Studio.....Mike

Saturday

9 - 10:30 Intro to Tai Chi Chuan  
Mind/Body Studio.....Tom

12:15 - 1:15 Mat Pilates  
Group Exercise Studio.....Julie

12:15 - 1:15 M.E.L.T.  
Mind/Body Studio.....Jon

Fall Schedule  
September 8, 2009

# Older Adult Exercise Schedule

# West Side YMCA

