



Aerobic Room Schedule

All classes and times may be subject to change.

= Specialty Class - Inquire at desk about availability and fees.

= Included Classes

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
10:00 - 10:45am	Silver Sneakers Classic	OPEN	Silver Sneakers Classic Feelin'	OPEN	Cardio Fit
10:15 - 11:00	OPEN	Silver Sneakers Classic CardioFit	OPEN	Silver Sneakers Classic CardioFit	OPEN
11:00 - 11:45	Fall Prevention	OPEN	OPEN	OPEN	Fall Prevention
11:15 - 12:15	OPEN	OPEN	Tai Chi	OPEN	OPEN
12:00 - 12:45	Yoga Stretch	OPEN	OPEN	OPEN	Yoga Stretch
2:30 - 3:00	Sit - Fit	OPEN	Sit - Fit	OPEN	OPEN
3:30 - 4:15	OPEN	Gentle Joints	OPEN	Gentle Joints	OPEN

Equipment Room Hours

Monday – Friday 6:00am - 8:00pm

Saturday 9:am – 4:00pm

Sunday Closed

(541) 734-3113

www.avamerehealthandfitness.com



“Exercise is Medicine”

Network Provider