

AAC Fitness & Dance Class Schedule

Black: Drop-in classes - \$3.50, Exercard, or SilverSneakers® card.

Red: Limited time class - pre-registration is required.

TIMES	MON	TUES	WED	THUR	FRI
8:30-9:30A		AM Fitness Kelli - PH		AM Fitness Kelli - PH	
9:00-10:00A	Flex & Flow Yoga Kathy T. - KR		Flex & Flow Yoga Kathy T. - KR		Flex & Flow Yoga Kathy T. - KR
9:30-10:30A				Belly Dance Carlyn - KR	
9:45-10:45A	* SilverSneakers® Yoga Deborah - PH	Tai Chi Kelli - PH	* SilverSneakers® Yoga Deborah - PH	Taijifit Kelli - PH	* SilverSneakers® Yoga Karen K. - PH
10:15-11:15A	* Stretching for Better Health Kathy T. - KR	Hula Dance Kai - KR	* Stretching for Better Health Kathy T. - KR		* Stretching for Better Health Kathy T. - KR
11:00A-12:00P		* SilverSneakers® Classic Kelli - PH		* SilverSneakers® Classic Kelli - PH	Ballroom Blast Lena - PH
11:30A-12:30P		* Balance 'n Motion Stephanie U. - KR	Tap Dance - Int. Lena - PH	* Balance 'n Motion Stephanie U. - KR	
12:15P-1:15P					Couples Ballroom Lena - PH
12:45P-1:45P			Tap Dance - Adv. Lena - PH		
1:00P-2:00P		PWR Moves Stephanie - PH			
1:30P-2:30P					Tap Dance- Basic Lena - PH
2:00P-3:00P	Line Dancing-Int Sybille - PH		Line Dancing-Beg Sybille - PH		
4:45P-5:45P			Qi Gong Pam - KR		
6:00-7:00P		Zumba Julie Capp - KR	Yoga Zahra - KR		

PH - Prospect Hall
KR - Ketner Room

*Indicates a seated class

These classes are either free or at reduced rates for Wheat Ridge SilverSneakers® cardholders. 10-punch Exercards may be purchased for \$28 WR Residents or \$33 Non-residents.

Weekend Schedule

Saturdays	Sundays
9:00-10:00A Flex & Flow Yoga Kelly H. - KR	

