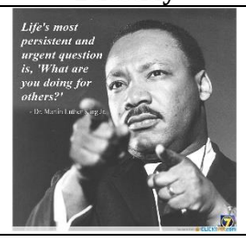
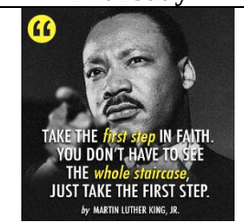
SPORTSPLEX AQUATICS CENTER
OPELIKA, ALABAMA

January 2016

Charter Foundation Adult Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Valeri White, Director, 705-2493 or VWhite@opelika-al.gov Mary Kuhn, Asst. Director, 705-2492 or MKuhn@opelika-al.gov	**All Fitness in Group Room Please check Fitness calendar at front desk for time of the class Not responsible for changes. If you are coming to swim please check pool calendar at front desk to make sure there is not a pool party or swim meet.**				1 **Happy New Year!!!** **AAC CLOSED**	2 Open Pool or Indoor Track 8-10 am
3 Indoor Track & Open Pool 2-4 p.m.	4 **REGISTRATION DAY!** **Billiards 9 a.m. (Game Room)** **Open Swim 10:00am-12:00pm** Barbell (Group) 10:15am **Low Impact (Group)) 11:00am** Healthy Backs (Group) 11:30am **SilverSneakers Circuit 1 pm AAC** Seated YOGA 2 p.m. (AAC) **Open Swim 7:00pm-8:00pm**	5 Open Swim 8:00am-10:00am **SilverSneakers Circuit 8:15 a.m. (AAC)** SilverSneakers Classic 9:15am (AAC) **Dominoes 10:15 a.m.** Zumba Gold 10:30am (Group)	6 Water Aerobics 9 a.m.(Pool) **Billiards 9 a.m. (Game Room)** **Open Swim 10:00am-12:00pm** Barbell (Group) 10:15am **Low Impact (Group)) 11:00am** Healthy Backs (Group) 11:30am **SilverSneakers Classic 1pm(AAC)** Seated YOGA 2 p.m. (AAC)	7 **SilverSneakers Circuit 8:15am (AAC)** **SilverSneakers Classic 9:15amAAC** Open Swim 10:00am-12:00pm **Dominoes 10:15 a.m.** Tai Chi (Group) 10:30am **Open Swim 7:00pm-8:00pm**	8 **Silver Sneakers 8:00am (AAC)** **Billiards 9:00 a.m. (Gamer Room)** **Billiards 9:30am** Open Swim 10:00am-12:00pm **Low Impact (Group) 10:15am** Healthy Backs (Group) 10:45am **Barbell (Group) 11:15am** **Friday Flick**—1p.m **"San Andreas"** (AAC) Bring your favorite drink…popcorn provided	9 Open Pool or Indoor Track 8-10 am
10 Indoor Track & Open Pool 2-4 p.m.	11 **Billiards 9 a.m. (Game Room)** **Open Swim 10:00am-12:00pm** Barbell (Group) 10:15am **Low Impact (Group)) 11:00am** Healthy Backs (Group) 11:30am **SilverSneakers Circuit 1 pm AAC** Seated YOGA 2 p.m. (AAC) **Open Swim 7:00pm-8:00pm**	12 Open Swim 8:00am-10:00am **SilverSneakers Circuit 8:15 a.m. (AAC)** SilverSneakers Classic 9:15am (AAC) **Dominoes 10:15 a.m.** **Painting 10:30am $10.00 Please Register** Zumba Gold 10:30am (Group)	13 **Hank Williams Museum and Cattlemens Mooseum 8:45am $10.00 please register and bring lunch money** Water Aerobics 9 a.m.(Pool) **Billiards 9 a.m. (Game Room)** **Open Swim 10:00am-12:00pm** Barbell (Group) 10:15am **Low Impact (Group)) 11:00am** Healthy Backs (Group) 11:30am **SilverSneakers Classic 1pm(AAC)** Seated YOGA 2 p.m. (AAC)	14 **SilverSneakers Circuit 8:15am (AAC)** **SilverSneakers Classic 9:15amAAC** Open Swim 10:00am-12:00pm **Dominoes 10:15 a.m.** Tai Chi (Group) 10:30am **Open Swim 7:00pm-8:00pm**	15 **Silver Sneakers 8:00am (AAC)** **Billiards 9:00 a.m. (Gamer Room)** **Basketball Throw 9:30am** Open Swim 10:00am-12:00pm **Low Impact (Group) 10:15am** Healthy Backs (Group) 10:45am **Barbell (Group) 11:15am** **Friday Flick**—1p.m **"I'll See You In My Dreams"** (AAC) Bring your favorite drink…popcorn provided	16 Open Pool or Indoor Track 8-10 am
17 Indoor Track & Open Pool 2-4 p.m.	18 **Martin Luther King Jr. Day** **AAC CLOSED**	19 Open Swim 8:00am-10:00am **SilverSneakers Circuit 8:15 a.m. (AAC)** **Computer Classes 9am-11am** SilverSneakers Classic 9:15am (AAC) **All About Volunteer Opportunities at Hospice 10:00am** **Dominoes 10:15 a.m.** **Italy Information and Rhine River Cruise 2017 Presentation10:30amAAC** Zumba Gold 10:30am (Group)	20 Water Aerobics 9 a.m.(Pool) **Planetarium in Montgomery $10.00 9:00am please register and bring lunch money** **Billiards 9 a.m. (Game Room)** **Open Swim 10:00am-12:00pm** Barbell (Group) 10:15am **Low Impact (Group)) 11:00am** Healthy Backs (Group) 11:30am **SilverSneakers Classic 1pm(AAC)** Seated YOGA 2 p.m. (AAC)	21 **SilverSneakers Circuit 8:15am (AAC)** **Computer Classes 9am-11am** **SilverSneakers Classic 9:15amAAC** Open Swim 10:00am-12:00pm **Dominoes 10:15 a.m.** Tai Chi (Group) 10:30am **Open Swim 7:00pm-8:00pm**	22 **Silver Sneakers 8:00am (AAC)** **Billiards 9:00 a.m. (Gamer Room)** **Bowling 9:30 a.m. (Auburn Bowl) $3.00 per game(9:00am if riding) Please Register** Open Swim 10:00am-12:00pm **Low Impact (Group) 10:15am** Healthy Backs (Group) 10:45am **Barbell (Group) 11:15am** **Friday Flick**—1p.m **"Home"** (AAC) Bring your favorite drink…popcorn provided	23 Open Pool or Indoor Track 8-10 am
24 Indoor Track & Open Pool 2-4 p.m. 31 Indoor Track & Open Pool 2-4 p.m.	25 **Billiards 9 a.m. (Game Room)** **Open Swim 10:00am-12:00pm** Barbell (Group) 10:15am **Low Impact (Group)) 11:00am** Healthy Backs (Group) 11:30am **Caregiver's Support Group 12:30 pm (AAC) Open to Public** **SilverSneakers Circuit 1 pm AAC** Seated YOGA 2 p.m. (AAC) **Open Swim 7:00pm-8:00pm**	26 Open Swim 8:00am-10:00am **SilverSneakers Circuit 8:15 a.m. (AAC)** **Computer Classes 9am-11am** SilverSneakers Classic 9:15am (AAC) **Firefighters Birthdays 10:00am bring a treat for them and if you like go with us to deliver them** **Dominoes 10:15 a.m.** Zumba Gold 10:30am (Group)	27 Water Aerobics 9 a.m.(Pool) **Billiards 9 a.m. (Game Room)** **Lunch Bunch 11:00am Red Lobster Meet there If riding 10:30am Please Register** **Open Swim 10:00am-12:00pm** Barbell (Group) 10:15am **Low Impact (Group)) 11:00am** Healthy Backs (Group) 11:30am **SilverSneakers Classic 1pm(AAC)** Seated YOGA 2 p.m. (AAC)	28 **SilverSneakers Circuit 8:15am (AAC)** **Computer Classes 9am-11am** **SilverSneakers Classic 9:15amAAC** Open Swim 10:00am-12:00pm **Dominoes 10:15 a.m.** Tai Chi (Group) 10:30am **Open Swim 7:00pm-8:00pm**	29 **Silver Sneakers 8:00am (AAC)** **Billiards 9:00 a.m. (Gamer Room)** **Nerf and Frisbee Throw 9:30am** Open Swim 10:00am-12:00pm **Low Impact (Group) 10:15am** Healthy Backs (Group) 10:45am **Barbell (Group) 11:15am** **Friday Flick**—1p.m **"The Age of Adaline"** (AAC) —Bring your favorite drink…popcorn provided	30 Open Pool or Indoor Track 8-10 am