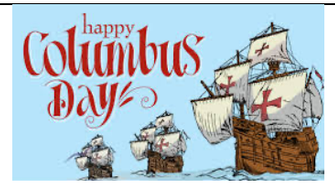
October 2020
Charter Foundation Adult Activity Center

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 AAC Hours 7:30am-4:30pm	**All Fitness 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 desktop make sure pool is not closed or there is not a pool party or swim meet.**			1 **Senior Health Fair 9am-12pm (GYM) PEASE WEAR MASKS** **SilverSneakers Circuit 8:15am (AAC)** **SilverSneakers Classic 9:20am (AAC)** Zumba Gold 9:20am (Group) Balance and Stretch 11:30am (Group) Yoga 4:30pm (Group)	2 Billiards 8:30 a.m. (Gamer Room) **Upper Body Blast 8:45am (AAC)** Water Aerobics 9:00am (Pool) **Zumba Gold 9:20 a.m. (AAC)** Next Level Aqua 10:00am (Pool) Yin Yoga 10:25am (Group)	3 Indoor Track
4 Indoor Track	5 **Billiards 8:30am (Game Room)** Water Aerobics 9:00 a.m.(Pool) Gentle Yoga 9:20am (Group) Next Level Aqua 10:00am (Pool) **SilverSneakers Circuit 1pm (AAC)** **SS Chair YOGA 2:15pm (AAC)**	6 **SilverSneakers Circuit 8:15am (AAC)** **SilverSneakers Classic 9:20am (AAC)** Zumba Gold 10:25am (Group) Balance and Stretch 11:30am (Group) **Valeri's Dance Party 11:15am (AAC)** **Bingo Zoom 1:00pm**	7 **Billiards 8:30am (Game Room)** Water Aerobics 9:00 a.m.(Pool) Yoga 9:20am (Group) Next Level Aqua 10:00am (Pool) Pilates 10:25 (Group) **SilverSneakers Classic 1pm (AAC)** **SS Chair YOGA 2:15 p.m. (AAC)** **Fitness Fusion 4:30pm (AAC)**	8 **SilverSneakers Circuit 8:15am (AAC)** **SilverSneakers Classic 9:20am (AAC)** Zumba Gold 9:20am (Group) Balance and Stretch 11:30am (Group) **Picnic at the Plex 11:30am** **Bring your own Lunch, Mask, and observe social distancing rules** **Please Register** Yoga 4:30pm (Group)	9 Billiards 8:30 a.m. (Gamer Room) **Upper Body Blast 8:45am (AAC)** Water Aerobics 9:00am (Pool) **Zumba Gold 9:20 a.m. (AAC)** Next Level Aqua 10:00am (Pool) Yin Yoga 10:25am (Group)	10 Indoor Track
11 Indoor Track	12 **COLUMBUS DAY** **Billiards 8:30am (Game Room)** Water Aerobics 9:00 a.m.(Pool) Gentle Yoga 9:20am (Group) Next Level Aqua 10:00am (Pool) **SilverSneakers Circuit 1pm (AAC)** **SS Chair YOGA 2:15pm (AAC)**	13 **SilverSneakers Circuit 8:15am (AAC)** **SilverSneakers Classic 9:20am (AAC)** Zumba Gold 10:25am (Group) Balance and Stretch 11:30am (Group) **Bingo Zoom 1:00pm**	14 **Billiards 8:30am (Game Room)** Water Aerobics 9:00 a.m.(Pool) Yoga 9:20am (Group) Next Level Aqua 10:00am (Pool) Pilates 10:25 (Group) **SilverSneakers Classic 1pm (AAC)** **SS Chair YOGA 2:15 p.m. (AAC)** **Fitness Fusion 4:30pm (AAC)**	15 **SilverSneakers Circuit 8:15am (AAC)** **SilverSneakers Classic 9:20am (AAC)** Zumba Gold 9:20am (Group) **WALK with INTERNS 10:15am** Balance and Stretch 11:30am (Group) Yoga 4:30pm (Group)	16 Billiards 8:30 a.m. (Gamer Room) **Upper Body Blast 8:45am (AAC)** Water Aerobics 9:00am (Pool **Zumba Gold 9:20 a.m. (AAC)** Next Level Aqua 10:00am (Pool) Yin Yoga 10:25am (Group)	17 Indoor Track
18 Indoor Track	19 **Billiards 8:30am (Game Room)** Water Aerobics 9:00 a.m.(Pool) Gentle Yoga 9:20am (Group) Next Level Aqua 10:00am (Pool) **SilverSneakers Circuit 1pm (AAC)** **SS Chair YOGA 2:15pm (AAC)**	20 **SilverSneakers Circuit 8:15am (AAC)** **SilverSneakers Classic 9:20am (AAC)** Zumba Gold 10:25am (Group) Balance and Stretch 11:30am (Group) **Valeri's Dance Party 11:15am (AAC)** **Bingo Zoom 1:00pm**	21 **Billiards 8:30am (Game Room)** Water Aerobics 9:00 a.m.(Pool) Yoga 9:20am (Group) Next Level Aqua 10:00am (Pool) Pilates 10:25 (Group) **SilverSneakers Classic 1pm (AAC)** **SS Chair YOGA 2:15 p.m. (AAC)** **Fitness Fusion 4:30pm (AAC)**	22 **SilverSneakers Circuit 8:15am (AAC)** **SilverSneakers Classic 9:20am (AAC)** Zumba Gold 9:20am (Group) Balance and Stretch 11:30am (Group) **Picnic at the Plex 11:30am** **Bring your own Lunch, Mask, and observe social distancing rules** **Please Register** Yoga 4:30pm (Group)	23 Billiards 8:30 a.m. (Gamer Room) **Upper Body Blast 8:45am (AAC)** Water Aerobics 9:00am (Pool **Zumba Gold 9:20 a.m. (AAC)** Next Level Aqua 10:00am (Pool) Yin Yoga 10:25am (Group)	24 Indoor Track
25 Indoor Track	26 **Billiards 8:30am (Game Room)** Water Aerobics 9:00 a.m.(Pool) Gentle Yoga 9:20am (Group) Next Level Aqua 10:00am (Pool) **SilverSneakers Circuit 1pm (AAC)** **SS Chair YOGA 2:15pm (AAC)**	27 **SilverSneakers Circuit 8:15am (AAC)** **SilverSneakers Classic 9:20am (AAC)** Zumba Gold 10:25am (Group) Balance and Stretch 11:30am (Group) **Bingo Zoom 1:00pm**	28 **Billiards 8:30am (Game Room)** Water Aerobics 9:00 a.m.(Pool) Yoga 9:20am (Group) Next Level Aqua 10:00am (Pool) Pilates 10:25 (Group) **SilverSneakers Classic 1pm (AAC)** **SS Chair YOGA 2:15 p.m. (AAC)** **Fitness Fusion 4:30pm (AAC)**	29 **SilverSneakers Circuit 8:15am (AAC)** **SilverSneakers Classic 9:20am (AAC)** Zumba Gold 9:20am (Group) **WALK with INTERNS 10:15am** Balance and Stretch 11:30am (Group) Yoga 4:30pm (Group)	30 Billiards 8:30 a.m. (Gamer Room) **Upper Body Blast 8:45am (AAC)** Water Aerobics 9:00am (Pool **Zumba Gold 9:20 a.m. (AAC)** Next Level Aqua 10:00am (Pool) Yin Yoga 10:25am (Group)	31 **Halloween** Indoor Track