



# A.H.O.Y. – DECEMBER 2019

“Adding Health to Our Years”

Free aerobics classes for active adults ages 50+

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Tues & Thurs 9:15 1 <b>*Cardio Sculpt</b> will burn fat and sculpt muscles with a variety of strength and cardio moves.	2 9:15 Smith: Samia 9:15 Lewis: Joshua 10:30 Leonard: Tabitha 5:30 Smith**: Cristina	3 9:15 Smith*: Joshua 9:15 Brown: Ruth 10:30 Peeler: Bishop 10:30 Griffin: Ruth 2:15 Lindley: Gloria	4 9:15 Smith: Joshua 9:15 Lewis: Samia 10:30 Leonard:Cristina 5:30 Smith**: Janet	5 9:15 Smith: Samia 9:15 Brown: Joshua 10:30 Peeler: Samia 10:30 Griffin: Joshua 2:15 Lindley: Ruth	6 9:15 Lewis: Tabitha 10:30 Leonard: Joshua	7 9:15 Smith: Valerie 10:30 Griffin: Valerie
8 Mon & Wed 5:30 <b>**AHOY Boot Camp</b> has intervals of cardio and strength training for a full-body workout.	9 9:15 Smith: Joshua 9:15 Lewis: Samia 10:30 Leonard: Tabitha 5:30 Smith**: Cristina	10 9:15 Smith*: Joshua 9:15 Brown: Gloria 10:30 Peeler: Joshua 10:30 Griffin: Ruth 2:15 Lindley: Ruth	11 9:15 Smith: Bishop 9:15 Lewis: Samia 10:30 Leonard:Cristina 5:30 Smith**: Janet	12 9:15 Smith*: Joshua 9:15 Brown: Samia 10:30 Peeler: Gloria 10:30 Griffin: Samia 2:15 Lindley: Joshua	13 9:15 Lewis: Tabitha 10:30 Leonard: Samia	14 9:15 Smith: Cathy 10:30 Griffin: Cathy
15	16 9:15 Smith: Samia 9:15 Lewis: Joshua 10:30 Leonard: Tabitha 5:30 Smith**: Cristina	17 9:15 Smith*: Joshua 9:15 Brown: Ruth 10:30 Peeler: Bishop 10:30 Griffin: Ruth 2:15 Lindley: Gloria	18 9:15 Smith: Joshua 9:15 Lewis: Samia 10:30 Leonard:Cristina 5:30 Smith**: Janet	19 9:15 Smith: Samia 9:15 Brown: Joshua 10:30 Peeler: Samia 10:30 Griffin: Joshua 2:15 Lindley: Ruth	20 9:15 Lewis: Tabitha 10:30 Leonard: Joshua	21 9:15 Smith: Janet 10:30 Griffin: Janet
22	23 <b>NO AHOY</b>	24 <b>NO AHOY</b>	25 <b>NO AHOY</b>	26 <b>NO AHOY</b>	27 <b>NO AHOY</b>	28 <b>NO AHOY</b>
29	30 <b>NO AHOY</b>	31 <b>NO AHOY</b>	JAN 1 <b>NO AHOY</b>	2 <b>NO AHOY</b>	3 <b>NO AHOY</b>	4 <b>NO AHOY</b>

AHOY schedule also available at [www.greensboro-nc.gov/ActiveAdults](http://www.greensboro-nc.gov/ActiveAdults)