### GOLF
- **Monday/Wednesday 10:30AM - 11:20AM**
  - Intermediate
  - Jake Hutt
  - Driving Range
- **Tuesday/Thursday 10:30AM - 11:30AM**
  - Beginning
  - Jake Hutt
  - Driving Range
- **Tuesday/Thursday 11:30AM - 12:30PM**
  - Intermediate
  - Jake Hutt
  - Driving Range

### BADMINTON
- **Monday/Wednesday 11:30AM - 12:20PM**
  - Intermediate
  - Matt Thornton
  - AOERC Courts

### BASKETBALL
- **Monday/Wednesday 10:30AM - 11:20AM**
  - Intermediate
  - Matt Thornton
  - AOERC Courts

### CIRCUIT WEIGHT TRAINING (NEW!)
- **Monday/Wednesday 11:00AM - 11:55AM**
  - All Levels
  - Bo Kelley
  - AOERC Fitness Center
- **Monday/Wednesday 12:00PM - 12:55PM**
  - All Levels
  - Bo Kelley
  - AOERC Fitness Center
- **Monday/Wednesday 1:00PM - 1:55PM**
  - All Levels
  - Bo Kelley
  - AOERC Fitness Center
- **Tuesday/Thursday 11:00AM - 11:55AM**
  - All Levels
  - Bo Kelley
  - ACSR Fitness Center
- **Tuesday/Thursday 12:00PM - 12:55PM**
  - All Levels
  - Bo Kelley
  - ACSR Fitness Center
- **Tuesday/Thursday 5:15PM - 6:15PM**
  - Beginning
  - Kurt Uchiyama
  - Driving Range
- **Tuesday/Thursday 6:30PM - 7:30PM**
  - Intermediate
  - Kurt Uchiyama
  - Driving Range
- **Tuesday/Thursday 7:30PM - 9:00PM**
  - Intermediate
  - Kurt Uchiyama
  - Driving Range
- **Friday 12:00PM - 1:30PM**
  - Beginning
  - Phil Marone
  - Driving Range
- **Friday 3:30PM - 5:00PM**
  - Advanced Beginning
  - Phil Marone
  - Driving Range
- **Friday 5:15PM - 6:45PM**
  - Beginning
  - Phil Marone
  - Driving Range

### ASHTANGA YOGA
- **Monday - Friday 11:00AM - 1:00PM**
  - All Levels
  - Staff
  - Ford Raquetball Courts

### BADMINTON
- **Monday/Wednesday 11:30AM - 12:20PM**
  - Intermediate
  - Matt Thornton
  - AOERC Courts

### BASKETBALL
- **Monday/Wednesday 10:30AM - 11:20AM**
  - Intermediate
  - Matt Thornton
  - AOERC Courts

### GYMNASTICS
- **Tuesday/Thursday 10:30AM - 11:20AM**
  - Beginning
  - Nate Bart/Elijah Wax
  - Ford Pavilion
- **Tuesday/Thursday 11:30AM - 12:50AM**
  - Intermediate
  - Nate Bart/Elijah Wax
  - Ford Pavilion

### HEALTHY BACK (NEW!)
- **Monday/Wednesday 12:30PM - 1:15PM (Mon)**
  - All Levels
  - Jean Elvin/Kerry Spear
  - ACSR Milias Studio
- **Monday/Wednesday 12:30PM - 1:20PM (Wed)**
  - All Levels
  - Jean Elvin/Kerry Spear
  - ACSR Milias Studio
- **Friday 7:00AM - 8:00AM**
  - All Levels
  - Kerry Spear
  - ACSR Milias Studio

### OLYMPIC WEIGHT LIFTING
- **Tuesday/Thursday 4:15PM - 5:45PM**
  - Beginning
  - Izzy Lehane
  - AOERC Studio
- **Tuesday/Thursday 6:00PM - 7:00PM**
  - Intermediate / Advanced
  - Izzy Lehane
  - AOERC Studio

### PRE/POST-NATAL TRAINING (Single Registration - two focused classes each week)
- **Wednesday (Yoga) 1:30PM - 2:20PM**
  - All Levels
  - Sharon Dawson
  - AOERC Studio III
- **Thursday (Cardio Strength) 11:30AM - 12:20PM**
  - All Levels
  - Linda Manuel
  - AOERC Studio III

### SENIOR STRONG (NEW!)
- **Monday/Wednesday 11:00AM - 1:10AM**
  - All Levels
  - Corrine Mansourian
  - West Courts
- **Monday/Wednesday 12:00PM - 1:00PM**
  - Advanced
  - Corrine Mansourian
  - West Courts
- **Friday 11:30AM - 1:30PM**
  - Intermediate
  - Matt Thornton
  - West Courts

### TENNIS
- **Monday/Wednesday 10:00AM - 11:00AM**
  - All Levels
  - Tom Rankin
  - AOERC Fitness Center

### TRAIN TO RUN
- **Monday/Wednesday 11:00AM - 11:50AM**
  - Intermediate
  - Corrine Mansourian
  - West Courts
- **Monday/Wednesday 12:00PM - 1:00PM**
  - Advanced
  - Corrine Mansourian
  - West Courts
- **Friday 11:30AM - 1:30PM**
  - Intermediate
  - Matt Thornton
  - West Courts

### SQUASH
- **Monday/Wednesday 10:00AM - 1:10AM**
  - All Levels
  - Matthew Bernstein
  - ACSR Squash Courts

### TRACK TO RUN
- **Tuesday/Thursday 7:00AM - 7:50AM**
  - All Levels
  - Rachel Aumann
  - Cobb Track/AOERC Upstairs