



A.H.O.Y. – NOVEMBER 2024

“Adding Health to Our Years”

Free aerobics classes for active adults ages 50+

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Mon & Wed 5:30 **AHOY Boot Camp has intervals of cardio and strength training for a full-body workout.</p>					<p>1 9:15 Lewis: Ruth 9:15 Gwood: Troy 10:30 Leonard: Ruth 10:30 Trotter: Troy</p>	<p>2 9:15 Smith: Melissa 10:30 Trotter: Melissa</p>
<p>3 Bring your own hand weights to: Brown Griffin Lewis Leonard Peeler Glenwood</p>	<p>4 9:15 Smith: Bishop 9:15 Lewis: Cristina 9:15 Gwood: Vonnie 10:30 Leonard: Cristina 10:30 Trotter: Vonnie 5:30 Smith**: Janet</p>	<p>5 NO SMITH NO BROWN NO PEELER 10:30 Griffin: Vonnie</p>	<p>6 9:15 Smith: Bishop 9:15 Lewis: Vonnie 9:15 Gwood: Troy 10:30 Leonard: Vonnie 11:15 Trotter: Troy 5:30 Smith**: Janet</p>	<p>7 9:15 Smith: Janet 9:15 Brown: Ruth 10:30 Peeler: Phylath 10:30 Griffin: Ruth</p>	<p>8 9:15 Lewis: Troy 9:15 Gwood: Vonnie 10:30 Leonard: Troy 10:30 Trotter: Vonnie</p>	<p>9 9:15 Smith: Janet 10:30 Trotter: Janet</p>
<p>10</p>	<p>11 CENTERS CLOSED</p>	<p>12 9:15 Smith: Janet 9:15 Brown: Vonnie 10:30 Peeler: Troy 10:30 Griffin: Vonnie</p>	<p>13 9:15 Smith: Bishop 9:15 Lewis: Ruth 9:15 Gwood: Vonnie 10:30 Leonard: Ruth 11:15 Trotter: Vonnie 5:30 Smith**: Janet</p>	<p>14 9:15 Smith: Cristina 9:15 Brown: Ruth 10:30 Peeler: Bishop 10:30 Griffin: Ruth</p>	<p>15 9:15 Lewis: Vonnie 9:15 Gwood: Troy 10:30 Leonard: Vonnie 10:30 Trotter: Troy</p>	<p>16 9:15 Smith: Ruth 10:30 Trotter: Ruth</p>
<p>17</p>	<p>18 9:15 Smith: Bishop 9:15 Lewis: Cristina 9:15 Gwood: Vonnie 10:30 Leonard: Cristina 10:30 Trotter: Vonnie 5:30 Smith**: Melissa</p>	<p>19 9:15 Smith: Vonnie 9:15 Brown: Troy 10:30 Peeler: Bishop 10:30 Griffin: Troy</p>	<p>20 9:15 Smith: Bishop 9:15 Lewis: Ruth 9:15 Gwood: Troy 10:30 Leonard: Ruth 11:15 Trotter: Troy 5:30 Smith**: Janet</p>	<p>21 9:15 Smith: Janet 9:15 Brown: Ruth 10:30 Peeler: Phylath 10:30 Griffin: Ruth</p>	<p>22 9:15 Lewis: Troy 9:15 Gwood: Vonnie 10:30 Leonard: Troy 10:30 Trotter: Vonnie</p>	<p>23 9:15 Smith: Troy 10:30 Trotter: Troy</p>
<p>24</p>	<p>25 9:15 Smith: Bishop 9:15 Lewis: Vonnie 9:15 Gwood: Troy 10:30 Leonard: Vonnie 10:30 Trotter: Troy 5:30 Smith**: Janet</p>	<p>26 9:15 Smith: Janet 9:15 Brown: Vonnie 10:30 Peeler: Bishop 10:30 Griffin: Vonnie</p>	<p>27 9:15 Smith: Bishop 9:15 Lewis: Troy 9:15 Gwood: Vonnie 10:30 Leonard: Troy 11:15 Trotter: Vonnie 5:30 Smith**: Janet</p>	<p>28 CENTERS CLOSED</p>	<p>29 CENTERS CLOSED</p>	<p>30 CENTERS CLOSED</p>

AHOY schedule also available at www.greensboro-nc.gov/ActiveAdults