



MARC L. JONES

WAUKEGAN
TOWNSHIP
SUPERVISOR

EXERCISE SCHEDULE

November 3rd - February 28th

Mondays and Wednesdays

- 9:15 AM - **A&Ayz Circuit Training**
- 10:15 AM - Mobility and More
- 11:15 AM - Walking (Floor Core if inclement weather)*
- 12:15 PM - Meal Prep Mondays
- 12:30 PM - Wellness Wednesdays - Workshops

Tuesdays and Thursdays

- 9:15 AM - Chair Workout Warrior
- 10:15 AM - Total Body Blast
- 11:00 AM - Silver Sneakers Yoga
- 12:30 PM **A&A Yr** Circuit Training

Fridays

- 9:15 AM - Zumba
- 10:15 AM - Country Line Dancing (Led by Ms. Katie)
- 11:30 AM - **A&A** Circuit Training + Mobility n' More **
- 12:30 PM - **A&A** Group Coaching

**** For Ageless and Awesome Participants Only****

*****Must have signed doctor's approval on file before exercising*****



**PATRICIA A. JONES
CENTER**

414 S. Lewis Ave
Waukegan, IL 60085