

AOA Fitness Activities

With ACC Wellness Coordinator, Greg Waszak

No better time than the present to get started in fitness! We know how important it is to workout, so lets DO IT!

Come to our group session to exercise and learn more about being healthy and active!



Tuesdays and Thursdays at 11:15am

For more information please
contact the AOA or Greg at
the ACC, 945-8119 ext 3702

Stay ahead of the game with health and wellness