



Oshkosh Community YMCA WATER FITNESS SCHEDULE Summer 2017 June 12-August 27

All Water Fitness classes are subject to change for the Fall

20th Avenue Location	Monday		Tuesday		Wednesday		Thursday		Friday	
	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family
	9:00-10:00 am Water Fitness				9:00-10:00 am Water Fitness				9:00-9:45 am Water Fitness	
		10:15-11:00 am Arthritis				10:15-11:00 am Arthritis				10:15-11:00 am Arthritis
	6:00-6:45 pm Power Current	6:00-6:45 pm Water Fitness			6:00-6:45 pm Power Current	6:00-6:45 pm Water Fitness				

Downtown Location	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family
				8:00-8:45 am Power Current				8:00-8:45 am Power Current				8:00-8:45 am Power Current
	9:00-9:50 am Water Ex/ Deep Water Ex				9:00-9:45 am Zumba				9:00-9:50 am Water Ex/ Deep Water Ex			9:00-10:00 am Water Fitness
	10:00-10:45 am Sr Water Fitness				10:00-10:45 am Tai Chi				10:00-10:45 am Sr Water Fitness			
				11:00-11:45 am Arthritis				11:00-11:45 am Arthritis			11:00-11:45 am Arthritis	
		12:10-12:55 pm Water Fitness	12:00-12:45 pm Water Fitness		12:10-12:55 pm Zumba			12:00-12:45 pm Water Fitness			12:10-12:55 pm Power Current	
		5:00-5:45 pm Arthritis				5:00-5:45 pm Arthritis						
6:00-6:45 pm Water Fitness				6:00-6:45 pm Water Fitness								

The Downtown pools will close for a transitional period prior to the opening of our *NEW facility*.