



# OSHKOSH YMCA ACTIVE AGING CLASS SCHEDULE

## WINTER: JANUARY 8-FEBRUARY 18

### *WATER EXERCISE*

#### DOWNTOWN YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		AQUA ZUMBA 9:00 - 9:45 AM LAP POOL		
		WATER TAI CHI 10:00 - 10:45 AM FAMILY POOL		
SENIOR WATER FITNESS 10:00 - 10:45 AM LAP POOL		SENIOR WATER FITNESS 10:00 - 10:45 AM LAP POOL		SENIOR WATER FITNESS 10:00 - 10:45 AM LAP POOL
ARTHRITIS AQUATICS 11:00 - 11:45 AM FAMILY POOL		ARTHRITIS AQUATICS 11:00 - 11:45 AM FAMILY POOL		ARTHRITIS AQUATICS 11:00 - 11:45 AM FAMILY POOL
		AQUA ZUMBA 12:00 - 12:45 PM FAMILY POOL		

#### 20TH AVE YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ARTHRITIS AQUATICS 10:00 - 10:45 AM FAMILY POOL		ARTHRITIS AQUATICS 10:00 - 10:45 AM FAMILY POOL	ARTHRITIS AQUATICS 10:00 - 10:45 AM FAMILY POOL	ARTHRITIS AQUATICS 10:00 - 10:45 AM FAMILY POOL

Updated: December 27, 2017