



# OSHKOSH YMCA ACTIVE AGING CLASS SCHEDULE

SPRING 2: APRIL 16-May 27

## *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