



20th Avenue Oshkosh YMCA Group Fitness Schedule

3303 W. 20th Ave. - 920. 230.8439 - www.oshkoshymca.org

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am	AEROBIC ROOM		CARDIO ROTATION	INTERVAL	TABATA	MUSCLE CONDITIONING !	
	CYCLING ROOM		GROUP CYCLE !		GROUP CYCLE !		
	FAMILY GYM						
6:00am	SMB ROOM	TAI CHI (ADVANCED)		TAI CHI (ADV/BEG)			
8:00am	AEROBIC ROOM	CARDIO KICKBOXING (45 MIN)		CARDIO CORE (45 min)	CARDIO KICKBOXING (45 min)	(50 min)	CARDIO ROTATION*
	CYCLING ROOM		GROUP CYCLE! (45 MIN)		GROUP CYCLE ! (45 MIN)		See you in Fall!
	FAMILY GYM		(45 min)				
	SMB ROOM		CONTACT KICKBOXING ! (45 min)	MOVE 'N TONE (45 min)		CONTACT KICKBOXING ! (45 min)	
9:00am	AEROBIC ROOM	MUSCLE CONDITIONING !	TABATA (45 min)	MUSCLE CONDITIONING !	FIT CAMP (45 min)	MUSCLE CONDITIONING !	
	CYCLING ROOM		SENIOR CYCLING ! (9:30 - 10:15)				
	FAMILY GYM						
	SMB ROOM	SILVERSNEAKERS CLASSIC (45 min)	PILATES	SILVERSNEAKERS CIRCUIT (45 min)	PILATES	SILVERSNEAKERS CLASSIC (45 min)	PILATES*
10:00am	CYCLING ROOM	GROUP CYCLE ! (10:10)		GROUP CYCLE ! (10:10)		GROUP CYCLE ! (10:10)	
	SMB ROOM		SILVERSNEAKERS YOGA (10:30 - 11:15)		SILVERSNEAKERS YOGA (10:15 - 11:00)		
11:00am	SMB ROOM				SENIOR PILATES (11:15 - 12:00)		
	AEROBIC ROOM				LINE DANCING (11:30 - 1)		
12:00pm	SMB ROOM	YOGA	PILATES	YOGA			
4:15pm	AEROBIC ROOM			MOVE 'N TONE (4:30 - 5:15)	INSANITY (50 min)		
	SMB ROOM				YOGA (4-5)		
5:15pm	SMB ROOM		PILATES				
5:30pm	AEROBIC ROOM		CARDIO KICKBOXING				
	FAMILY GYM						
	SMB ROOM			Cardio Core			
6:45pm	AEROBIC ROOM			MUSCLE CONDITIONING ! (45 min)			
	SMB ROOM	YOGA (6:30)	YOGA (6:45)	TAI CHI (6:45 - 8:00)			
7:00pm	CYCLING ROOM	GROUP CYCLE !			GROUP CYCLE !		

*** ALL CLASSES 60 MINUTES UNLESS OTHERWISE NOTED***

and ! = Class size is limited. Get participation card from the Service Desk.
 Revised May 29, 2014 * = See back for Saturday Instructor Rotation Schedule