



# OSHKOSH YMCA ACTIVE AGING CLASS SCHEDULE

FALL 1: SEPTEMBER 4-OCTOBER 28

## ***WATER EXERCISE***

### **DOWNTOWN YMCA**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
WATER FITNESS 9:00 - 9:50 AM LAP POOL	WATER FITNESS 9:00 - 9:50 AM LAP POOL	AQUA ZUMBA 9:00 - 9:45 AM LAP POOL	WATER FITNESS 9:00 - 9:50 AM LAP POOL	WATER FITNESS 9:00 - 9:50 AM LAP 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
WATER FITNESS 12:00 - 12:45 PM FAMILY POOL		AQUA ZUMBA 12:00 - 12:45 PM FAMILY POOL		WATER FITNESS 12:00 - 12:45 PM FAMILY POOL
WATER FITNESS 5:30 - 6:30 PM LAP POOL		WATER FITNESS 5:30 - 6:30 PM LAP POOL		

### **20TH AVE YMCA**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
WATER FITNESS 9:00 - 10:00 AM LAP POOL	WATER FITNESS 9:00 - 10:00 AM LAP POOL	WATER FITNESS 9:00 - 10:00 AM LAP POOL	WATER FITNESS 9:00 - 10:00 AM LAP POOL	WATER FITNESS 9:00 - 9:45 AM LAP 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	ARTHRITIS AQUATICS 10:00 - 10:45 AM FAMILY POOL
	WATER FITNESS 5:30 - 6:15 PM LAP POOL		WATER FITNESS 5:30 - 6:15 PM LAP POOL	

Updated: 08/24/18