



# OSHKOSH YMCA ACTIVE AGING CLASS SCHEDULE

WINTER: JANUARY 7-FEBRUARY 24

## LAND EXERCISE

### DOWNTOWN YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIOR PILATES 9:00 - 9:45 AM STUDIO 3		LOW IMPACT AEROBICS 9:00 - 9:45 AM STUDIO 4	SENIOR AEROBIC DANCE 9:00 - 9:45 AM STUDIO 3	SILVERSNEAKERS YOGA 9:30 - 10:15 AM STUDIO 3
SENIOR TRX (\$) <b>8:45-9:45 AM</b> STUDIO 2		SENIOR TRX (\$) <b>8:45-9:45 AM</b> STUDIO 2		
STRETCH, FLEX & BALANCE 10:00 - 10:30 AM STUDIO 3	SILVERSNEAKERS CLASSIC 10:15 - 11:00 AM STUDIO 4	STRETCH, FLEX & BALANCE 10:00 - 10:30 AM STUDIO 3	SILVERSNEAKERS CLASSIC 10:15 - 11:00 AM STUDIO 4	INTERMEDIATE CHAIR YOGA 10:30 - 11:30 AM STUDIO 3
SILVERSNEAKERS YOGA 10:45 - 11:30 AM STUDIO 3		SILVERSNEAKERS CIRCUIT 10:45 - 11:30 AM STUDIO 4		SILVERSNEAKERS CIRCUIT 10:45 - 11:30 AM STUDIO 4

### 20TH AVE YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILVERSNEAKERS CLASSIC* 9:00 - 9:45 AM SMB ROOM	SENIOR CYCLING* 9:15 - 10:00 AM CYCLING ROOM	SILVERSNEAKERS CIRCUIT* 9:00 - 9:45 AM SMB ROOM	SENIOR CYCLING* 9:15 - 10:00 AM CYCLING ROOM	SIT, STAND AND MOVE 9:00 - 9:45 AM SMB ROOM
SILVERSNEAKERS CLASSIC* 10:00 - 10:45 AM SMB ROOM	SENIOR AEROBIC DANCE 10:15 - 11:00 AM AEROBICS ROOM	SENIOR CORE 10:00 - 10:45 AM SMB ROOM		SILVERSNEAKERS CLASSIC* 10:00 - 10:45 AM SMB ROOM
	SILVERSNEAKERS YOGA 10:15 - 11:00 AM SMB ROOM		SILVERSNEAKERS YOGA 10:15 - 11:00 AM SMB ROOM	
	SILVERSNEAKERS YOGA 11:15 - 12:00 PM SMB ROOM	SENIOR TRX (\$) <b>1:15 - 2:15 PM</b> SMB ROOM	SENIOR PILATES 11:15 - 12:00 PM SMB ROOM	

\* = PARTICIPATION CARD REQUIRED. PICK UP AT SERVICE DESK.

**NEW CLASS OFFERING/CLASS TIME CHANGE**

Updated: 1/2/19