

OSHKOSH YMCA ACTIVE AGING CLASS SCHEDULE WINTER: JANUARY 7-FEBRUARY 24 WATER EXERCISE

DOWNTOWN YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WATER FITNESS	WATER FITNESS	AQUA ZUMBA	WATER FITNESS	WATER FITNESS
9:00 - 9:50 AM	9:00 - 9:50 AM	9:00 - 9:45 AM	9:00 - 9:50 AM	9:00 - 9:50 AM
LAP POOL	LAP POOL	LAP POOL	LAP POOL	LAP POOL
SENIOR WATER FITNESS		SENIOR WATER FITNESS		SENIOR WATER FITNESS
10:00 - 10:45 AM		10:00 - 10:45 AM		10:00 - 10:45 AM
LAP POOL		LAP POOL		LAP POOL
ARTHRITIS AQUATICS		ARTHRITIS AQUATICS		ARTHRITIS AQUATICS
11:00 - 11:45 AM		11:00 - 11:45 AM		11:00 - 11:45 AM
FAMILY POOL		FAMILY POOL		FAMILY POOL
WATER FITNESS		AQUA ZUMBA		WATER FITNESS
12:00 - 12:45 PM		12:00 - 12:45 PM		12:00 - 12:45 PM
FAMILY POOL		FAMILY POOL		FAMILY POOL
WATER FITNESS		WATER FITNESS		
5:30 - 6:30 PM		5:30 - 6:30 PM		
LAP POOL		LAP POOL		

20TH AVE YMCA

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

Updated: 1/2/19