



# OSHKOSH YMCA ACTIVE AGING CLASS SCHEDULE

WINTER: JANUARY 7-FEBRUARY 24

## *WATER EXERCISE*

### DOWNTOWN YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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: 1/2/19