



# OSHKOSH YMCA ACTIVE AGING CLASS SCHEDULE

## SUMMER 2: JULY 22-SEPTEMBER 8

### *LAND EXERCISE*

#### DOWNTOWN YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIOR TRX (\$) 8:45-9:45 AM STUDIO 2		SENIOR TRX (\$) 8:45-9:45 AM STUDIO 2		
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
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		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 (\$) 1:15 - 2:15 PM SMB ROOM	SENIOR PILATES 11:15 - 12:00 PM SMB ROOM	

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

(\$) = TRX requires pre-registration and has a nominal fee. See the Front Desk for details.

Updated: 7/9/19