



Oshkosh Community YMCA

Downtown Lap Pool Water Fit Schedule

Monthly Calendar For August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9a-9:45a Water Fit	2 9a-9:45a Water Fit 10a-10:45a Sr Water Fit	3
5 9a-9:45a Water Fit 10a-10:45a Sr Water Fit 5:30p-6:15p Water Fit	6 9a-9:45a Water Fit	7 9a-9:45a Aqua Zumba 10a-10:45a Sr Water Fit 5:30p-6:15p Water Fit	8 9a-9:45a Water Fit	9 9a-9:45a Water Fit 10a-10:45a Sr Water Fit	10
12 9a-9:45a Water Fit 10a-10:45a Sr Water Fit 5:30p-6:15p Water Fit	13 9a-9:45a Water Fit	14 9a-9:45a Aqua Zumba 10a-10:45a Sr Water Fit 5:30p-6:15p Water Fit	15 9a-9:45a Water Fit	16 9a-9:45a Water Fit 10a-10:45a Sr Water Fit	17
19 9a-9:45a Water Fit 10a-10:45a Sr Water Fit 5:30p-6:15p Water Fit	20 9a-9:45a Water Fit	21 9a-9:45a Aqua Zumba 10a-10:45a Sr Water Fit 5:30p-6:15p Water Fit	22 9a-9:45a Water Fit	23 9a-9:45a Water Fit 10a-10:45a Sr Water Fit	24
26 9a-9:45a Water Fit 10a-10:45a Sr Water Fit 5:30p-6:15p Water Fit	27 9a-9:45a Water Fit	28 9a-9:45a Aqua Zumba 10a-10:45a Sr Water Fit 5:30p-6:15p Water Fit	29 9a-9:45a Water Fit	30 9a-9:45a Water Fit 10a-10:45a Sr Water Fit	31

Downtown Family Pool Water Fit Schedule

Monthly Calendar For August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8a-8:45a Power Cur	2 11a-11:45a Arthritis Aq 12p-12:45p Water	3 9a-9:45a Water Fit
5 11a-11:45a Arthritis Aq 12p-12:45p Water Fit	6 8a-8:45a Power Cur	7 11a-11:45a Arthritis Aq 12p-12:45p Aqua Zumba	8 8a-8:45a Power Cur	9 11a-11:45a Arthritis Aq 12p-12:45p Water	10 9a-9:45a Water Fit
12 11a-11:45a Arthritis Aq 12p-12:45p Water Fit	13 8a-8:45a Power Cur	14 11a-11:45a Arthritis Aq 12p-12:45p Aqua Zumba	15 8a-8:45a Power Cur	16 11a-11:45a Arthritis Aq 12p-12:45p Water	17 9a-9:45a Water Fit
19 11a-11:45a Arthritis Aq 12p-12:45p Water Fit	20 8a-8:45a Power Cur	21 11a-11:45a Arthritis Aq 12p-12:45p Aqua Zumba	22 8a-8:45a Power Cur	23 11a-11:45a Arthritis Aq 12p-12:45p Water	24 9a-9:45a Water Fit
26 11a-11:45a Arthritis Aq 12p-12:45p Water Fit	27 8a-8:45a Power Cur	28 11a-11:45a Arthritis Aq 12p-12:45p Aqua Zumba	29 8a-8:45a Power Cur	30 11a-11:45a Arthritis Aq 12p-12:45p Water	31 9a-9:45a Water Fit