



# Downtown Oshkosh YMCA Group Fitness Summer Schedule 2014

324 Washington Ave. - 920.236.3380- oshkoshymca.org

Effective May 19, 2014

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	Hoffmaster	STEP					
	Cycling Room			Group Cycling!			
6:00am	Harwell Room		PILATES		PILATES		
	Harwell Room		PILATES		PILATES		
8:00am	Cycling Room		Group Cycling!		Group Cycling!		Group Cycling! Ends May 17th
	Hoffmaster		ZUMBA fitness (45MIN)		ZUMBA fitness (45MIN)	ZUMBA fitness (45MIN)	
9:00am	Harwell Room	Senior Pilates (45 min)					PILATES
	Hoffmaster	PSOX TABATA	Muscle Conditioning	BOOTCAMP	Muscle Conditioning	Kickboxing (75 min)	Cardio Rotation (See Back Page)
9:30am	Hoffmaster						
	Harwell Room					SilverSneakers Yoga (45 min)	
	Cycling Room				Senior Cycling! (45 min)		
10:00am	Harwell Room	Stretch, Flex & Balance (30 min)		Stretch, Flex & Balance (30 min)			YOGA (10:10am)
10:15am	Hoffmaster		SilverSneakers Classic (45 min)		SilverSneakers Classic (45 min)		BODYPUMP (See Back Page)
10:45am	Harwell Room	SilverSneakers Yoga (45 min)				<p>FIND INSTRUCTORS AND CHECK CLASS TIMES ON THE <u>FREE</u> OSHKOSH YMCA MOBILE APP!</p>	
	Hoffmaster		STROLLER AEROBICS (11:15am Start) (45MIN)	SilverSneakers Circuit (45 min)			
12:10pm	Harwell Room	PILATES (50 min)		PILATES (50 min)	YOGA Beginner (50 min)		
	Cycling Room	Group Cycling! (50min)		Group Cycling! (50 min)		Group Cycling! (50 min)	Sunday
	Hoffmaster	FIT CAMP (50min)	Muscle Conditioning (50min)	Fit for Life (50min)	Muscle Conditioning (50min)	Cardio Fusion (50min)	
4:30pm	Hoffmaster	Fit For Life	LES MILLS BODYPUMP	Fit For Life	LES MILLS BODYPUMP	Fit For Life	
5:30pm	Harwell Room	PILATES	YOGA	PILATES			
	Hoffmaster	Kickboxing (75 min)					
	Cycling Room	Group Cycling!					
5:45pm	Hoffmaster		FIT CAMP	LES MILLS BODYPUMP	PSOX		
6:40pm	Harwell Room	YOGA		YOGA	YOGA		

\*\*\* ALL CLASSES 60 MINUTES UNLESS OTHERWISE NOTED \*\*\*



= Class size is limited. Get participation card from the Service Desk.

(Revised May 15, 2014)

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<u>May</u>	<u>8:00 AM CYCLING</u>	<u>9:00 AM CARDIO</u>	<u>10:15AM BODYPUMP</u>	<u>9:00 AM PILATES</u>	<u>10:10 YOGA</u>
3	BRIAN	FIT FOR LIFE- MIKE	JERED	BEV	JIM
10	LAURA	P90X- WENDY	JERED	JOAN	SHERRY
17	SEE	CARDIO FUSION- CHRIS	CHRIS	CHRIS S.	JIM
24	YOU	STEP- SUSAN	KIM B.	BEV	CINDY
31	IN FALL!	P90X- STEVE	ERIN	BARB	GLORIA

<u>June</u>	<u>8:00 AM CYCLING</u>	<u>9:00 AM CARDIO</u>	<u>10:15AM BODYPUMP</u>	<u>9:00 AM PILATES</u>	<u>10:10 YOGA</u>
7	SEE	CARDIO FUSION-CHRIS	JERED	CHRIS S.	MARGIE
14	YOU	ZUMBA- LALY	ERIN	BARB	JIM
21	ALL	INTERVAL- SUSAN	CHRIS	BEV	SHERRY
28	IN FALL!	CARDIOKICK- JENELL	KIM B.	JULI	GLORIA

**\*\*\*Saturday Cycling classes will be done as of May 17th and will return again in Fall 2014.\*\*\***

**\*\*\*Sunday Cycling classes will resume again in January 2015.\*\*\***