



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT FITNESS CLASS SPRING 2018

CLASSES HELD AT APPLETON YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-7:45 AM H2O Exercise <i>Boldt Pool</i>	5:30-6:15AM H2O Strength and Stretch <i>Boldt Pool</i>	7:00-7:45 AM H2O Exercise <i>Boldt Pool</i>	5:30-6:15AM H2O Strength and Stretch <i>Boldt Pool</i>	7:00-7:45 AM H2O Exercise <i>Boldt Pool</i>	7:00-8:00 AM H2O Fusion <i>Boldt Pool</i>
7:15-8:00AM Simply Balance <i>APGym</i>	7:30-8:00 AM Open Gym 55+ Walking <i>APGym</i>	7:15-8:00AM Simply Balance <i>APGym</i>	7:30-8:00 AM Open Gym 55+ Walking <i>APGym</i>	8:00-8:45AM Cardiac H2O <i>Boldt Pool</i>	
8:00-8:45AM Cardiac H2O <i>Boldt Pool</i>	8:00-8:45 AM Silver Sneakers Classic® <i>APGym</i>	8:00-8:45AM Cardiac H2O <i>Boldt Pool</i>	8:00-8:45 AM Silver Sneakers Classic® <i>APGym</i>	9:00-9:45AM Deep Devotion <i>Boldt Pool</i>	Sunday
8:00-9:00AM Slow Flow Yoga <i>SMBS</i>	8:00-8:45AM Arthritis Aquatic Class <i>Guardian Pool</i>	8:15-9:00AM Guided Meditation <i>SMBS</i>	8:00-8:45AM Arthritis Aquatic Class <i>Guardian Pool</i>	8:15-9:00AM Guided Meditation <i>SMBS</i>	
9:00-9:45AM Deep Devotion <i>Boldt Pool</i>	8:45-9:30AM Arthritis Aquatic Class <i>Guardian Pool</i>	9:00-9:45AM Deep Devotion <i>Boldt Pool</i>	8:45-9:30AM Arthritis Aquatic Class <i>Guardian Pool</i>	11:00-12Noon Gentle Stretch- <i>SMBS</i>	
10:10-10:55AM Simply Fit <i>APGym</i>	10:30-11:30AM Gentle Stretch <i>SMBS</i>	10:10-10:55AM Simply Fit <i>Apvion</i>	9:30-10:15AM Zumba Gold <i>APGym</i>	12Noon-12:45PM H2O Fusion- Ron L.	
11:05-11:45AM Simply Strength <i>WFC</i>	Noon-12:45PM H2O Stretch and Strength <i>Boldt Pool</i>	11:05-11:45AM Simply Strength <i>WFC</i>	10:30-11:30AM Gentle Stretch <i>SMBS</i>	12:45-1:45PM Enhance Fitness <i>Apvion Gym</i>	
11:00-11:45AM Zumba Gold <i>APGym</i>	1:45-2:45PM Tai Chi <i>SMBS</i>	11:00AM-12Noon Gentle Stretch- <i>SMBS</i>	Noon-12:45PM H2O Stretch and Strength <i>Boldt Pool</i>		
12Noon-12:45PM Aqua Zumba <i>Boldt Pool</i>	3:15- 4:15PM Tai Chi for Beginners <i>SMBS</i>	11:00-11:45AM Zumba Gold <i>APGym</i>	1:45-2:45PM Tai Chi <i>SMBS</i>		
12:45-1:45PM Enhance Fitness <i>Apvion Gym</i>		12Noon-12:45PM H2O Fusion <i>Boldt Pool</i>	3:15- 4:15PM Tai Chi for Beginners <i>SMBS</i>		
		12:45-1:45PM Enhance Fitness <i>Apvion Gym</i>			

CLASSES HELD AT APPLETON COMMUNITY EVANGELICAL FREE CHURCH (Capitol and Lynndale)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30-10:15AM Strength for Life		9:30-10:15AM Strength for Life		

Please see **SPRING Program Guide** on **YMCA website** (www.ymcafoxcities.org) for complete AOA class descriptions, options and pricing.

Contact: Jan Heifner (920)954-7618

Schedule Subject to Change

