



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAMPLING OF HEALTHY AGING CLASSES Winter 2018

CLASSES HELD AT APPLETON YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-7:45 AM H2O Exercise <i>Boldt Pool</i>	5:30-6:15 AM H2O Strength and Stretch <i>Boldt Pool</i>	7:00-7:45 AM H2O Exercise <i>Boldt Pool</i>	5:30-6:15 AM 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>
7:15-8:00 AM Simply Balance <i>APGym</i>	7:30-8:30 AM Slow Flow Yoga <i>SMBS</i>	7:15-8:00AM Simply Balance <i>APGym</i>	7:30-8:30 AM Slow Flow Yoga – <i>SMBS</i>	8:00-8:45 AM Cardiac H2O <i>Boldt Pool</i>	
8:00-8:45 AM Cardiac H2O <i>Boldt Pool</i>	7:30-8:00 AM Open Gym 55+ Walking <i>APGym</i>	8:00-8:45AM Cardiac H2O <i>Boldt Pool</i>	7:30-8:00 AM Open Gym 55+ Walking <i>APGym</i>	9:00-9:45 AM Deep Devotion <i>Boldt Pool</i>	Sunday
8:00-9:00 AM Slow Flow Yoga <i>SMBS</i>	8:00-8:45 AM Silver Sneakers Classic® <i>APGym</i>	8:15-9:00AM Guided Meditation <i>SMBS</i>	8:00-8:45 AM Silver Sneakers Classic® <i>APGym</i>	8:15-9:00 AM Guided Meditation <i>SMBS</i>	8:45-9:30 AM Aqua Zumba <i>Boldt Pool</i>
9:00-9:45 AM Deep Devotion <i>Boldt Pool</i>	8:00-8:45 AM Arthritis Aquatic Class <i>Guardian Pool</i>	9:00-9:45AM Deep Devotion <i>Boldt Pool</i>	8:00-8:45 AM Arthritis Aquatic Class <i>Guardian Pool</i>	11:00 AM-12 Noon Simply Stretch- <i>SMBS</i>	
10:10-10:55 AM Simply Fit <i>APGym</i>	8:45-9:30 AM Arthritis Aquatic Class <i>Guardian Pool</i>	10:10-10:55AM Simply Fit <i>Apvion</i>	8:45-9:30 AM Arthritis Aquatic Class <i>Guardian Pool</i>	12:00-12:45 PM Aqua Zumba <i>Boldt Pool</i>	
11:00-11:45 AM Zumba Gold <i>APGym</i>	10:30-11:30 AM Simply Stretch <i>SMBS</i>	11:00 AM-12 Noon Simply Stretch- <i>SMBS</i>	9:30-10:15 AM Zumba Gold <i>APGym</i>	12:45-1:45 PM Enhance Fitness <i>Apvion Gym</i>	
11:05-11:50 AM Simply Strength <i>WFC</i>	12:00-12:45 PM H2O Stretch and Strength <i>Boldt Pool</i>	11:00-11:45 AM Zumba Gold <i>APGym</i>	10:30-11:30 AM Simply Stretch <i>SMBS</i>		
12:00-12:45 PM Aqua Zumba <i>Boldt Pool</i>	1:45-2:45 PM Tai Chi <i>SMBS</i>	11:05-11:50 AM Simply Strength <i>WFC</i>	12:00-12:45 PM H2O Stretch and Strength <i>Boldt Pool</i>		
12:45-1:45 PM Enhance Fitness <i>Apvion Gym</i>	3:15- 4:15 PM Tai Chi for Beginners <i>SMBS</i>	12Noon-12:45 PM Aqua Zumba <i>Boldt Pool</i>	12:00-12:45 PM H2O Stretch and Strength <i>Boldt Pool</i>		
		12:45-1:45 PM Enhance Fitness <i>Apvion Gym</i>	1:45-2:45 PM Tai Chi <i>SMBS</i>		
			3:15- 4:15 PM Tai Chi for Beginners <i>SMBS</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 **WinterProgram 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

