



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NATIONAL SENIOR HEALTH & FITNESS DAY



WEDNESDAY  
**MAY 29**  
A SPECIAL  
**FREE DAY**  
FOR SENIORS

Visit the Oshkosh Y on May 29 and experience a sense of community! The Downtown & 20th Ave locations will be **FREE** for anyone age 55+ from 5:00 a.m. to 4:00 p.m.

Please note that the Downtown Y Aquatic Facility will be closed for our Annual Maintenance Shutdown.

THANK YOU TO OUR SPONSOR:

**senior stride**™

Home Care

**DID YOU KNOW?** The Oshkosh YMCA participates in the *Silver&Fit*, *Renew Active*, and *Silver Sneakers*® programs for Medicare-age members and encourages people to check with their insurance provider to determine if they are eligible for a free Y membership.

The Y facilities offer complete wellness centers, pools for lap and open swim, a variety of group exercise classes, indoor walking/running tracks, pickleball, towel service, and more! All guests should sign in at the Front Desk.

20TH AVE	
OPEN PICKLEBALL	5:00- 2:00 MAIN GYM - EAST
GAMES & PUZZLE	8:00-NOON FRONT LOBBY
FOREVERWELL TRX	8:00-8:45 SMB ROOM
FOREVERWELL CIRCUIT	9:00-9:45 SMB ROOM
SKIN & VEIN SCREENINGS	9:00-NOON FRONT LOBBY
*POLE WALKING WORKSHOP	9:30 - 10:30 MPR 3
ARTHRITIS AQUATICS	10:00 - 10:45 POOL
CHAIR VOLLEYBALL	10:30-NOON GYM - COURT 3
*FOREVERWELL CYCLING	10:30 - 11:15 TRAINING STUDIO
*LUNCH & LEARN	NOON - 1:30 MPR 1 & 2
SCIENCE OF STRETCH	12:00 - 1:00 SMB ROOM
WATER DYNAMICS	2:30 - 3:15 POOL

DOWNTOWN	
OPEN PICKLEBALL	7:00-11:00 MAIN GYM
BAGELS, MUFFINS & COFFEE	8:30-10:00 TEACHING KITCHEN
GAMES & PUZZLES	8:00-NOON FRONT LOBBY
BLOOD PRESSURE CHECKS	8:30-NOON OUTSIDE TEACHING KITCHEN
FOREVERWELL CIRCUIT	9:00-9:45 STUDIO 4
FOREVERWELL STRENGTH	10:00-10:30 STUDIO 4
FOREVERWELL PILATES	10:45-11:30 STUDIO 4
SCAVENGER HUNT	ALL DAY WALKING TRACK

\*Programs/Events with a (\*) require registration. Sign up by calling (920) 230-8439 or stop by the Front Desk of either location.