



YOUTH FITNESS



NEW YOUTH AND FAMILY FITNESS OPTIONS! These classes are free for members and offered on a drop-in, continuous basis.

YOUTH YOGA WITH ANGIE LEE

Tuesdays • 5:15–5:45 p.m. | Downtown Y, Studio 3

Fun and interactive Yoga class perfect for kids 6–12 years old. Parents are welcome to be in the room but are not required or expected to participate.

FAMILY FITNESS WITH RACHEL ELLIS

Wednesdays • 4:15–5:00 p.m. | 20th Ave Y, Training Studio

Family Fitness features a variety of activities, exercises, and games to help families stay active. Parents must be present but are not required to participate. The class is open to parents and children of kindergarten age and up.

ELEMENTARY & MIDDLE SCHOOL YOUTH AGILITY & CROSS TRAINING

WITH CAROL VELASCO

Youth Agility & Cross Training is a class that complements your child's involvement in various sports, or simply gives them an outlet to be active! Classes are intended to be fun, yet challenging, and offer a welcoming environment for your child to fall in love with movement and activity. Parents should communicate drop off and pick up expectations with their child prior to class. If you have multiple children participating and class time isn't possible based on balancing multiple different school pickup times, chat with the instructor.

ELEMENTARY:

Thursdays • 3:30–4:15 p.m. | 20th Ave Y, Training Studio

MIDDLE SCHOOL:

Thursdays • 4:30–5:15 p.m. | 20th Ave Y, Training Studio

DID YOU KNOW?

Youth aged 10+ are welcome to participate in some of our adult group exercise classes with the direct supervision of a parent.

ASK THE FRONT DESK TODAY!

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org

DOWNTOWN 236-3380 324 Washington Ave

20TH AVE 230-8439 3303 W. 20th Ave