



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Family Gym Schedule - 20th Ave YMCA

### Monthly Calendar For October 2016

The Family Gym is open to FAMILIES - all children must be supervised by an adult.

The Family Gym will close 30 minutes prior to and after all Body Pump classes to allow participants to set up necessary equipment.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 8a-9a Body Pump 9:30a-10:30a Karate
<b>2</b>	<b>3</b> 5:30a-6:30a Body Pump 1:30p-2:30p Fall Home School Fit for Kids 5:30p-6:30p Body Pump	<b>4</b> 5:30p-8p Karate	<b>5</b> 5:30a-6:30a Body Pump 5:30p-6:30p Body Pump	<b>6</b> 5:30p-8p Karate	<b>7</b> 9a-10a Body Pump 12:20p-1:20p Body Pump 5p-6p Body Pump	<b>8</b> 8a-9a Body Pump 9:30a-10:30a Karate
<b>9</b>	<b>10</b> 5:30a-6:30a Body Pump 1:30p-2:30p Fall Home School Fit for Kids 5:30p-6:30p Body Pump	<b>11</b> 5:30p-8p Karate	<b>12</b> 5:30a-6:30a Body Pump 1:30p-2:30p Fall Home School Fit for Kids 5:30p-6:30p Body Pump	<b>13</b> 5:30p-8p Karate	<b>14</b> 9a-10a Body Pump 12:20p-1:20p Body Pump 5p-6p Body Pump	<b>15</b> 8a-9a Body Pump 9:30a-10:30a Karate
<b>16</b>	<b>17</b> 5:30a-6:30a Body Pump 1:30p-2:30p Fall Home School Fit for Kids 5:30p-6:30p Body Pump	<b>18</b> 5:30p-8p Karate	<b>19</b> 5:30a-6:30a Body Pump 1:30p-2:30p Fall Home School Fit for Kids 5:30p-6:30p Body Pump	<b>20</b> 5:30p-8p Karate	<b>21</b> 9a-10a Body Pump 12:20p-1:20p Body Pump 5p-6p Body Pump	<b>22</b> 8a-9a Body Pump 9:30a-10:30a Karate
<b>23</b>	<b>24</b> 5:30a-6:30a Body Pump 1:30p-2:30p Fall Home School Fit for Kids 5:30p-6:30p Body Pump	<b>25</b> 5:30p-8p Karate	<b>26</b> 5:30a-6:30a Body Pump 5:30p-6:30p Body Pump	<b>27</b> 5:30p-8p Karate	<b>28</b> 9a-10a Body Pump 12:20p-1:20p Body Pump 5p-6p Body Pump	<b>29</b> 8a-9a Body Pump
<b>30</b>	<b>31</b> 5:30a-6:30a Body Pump 1:30p-2:30p Fall Home School Fit for Kids 5:30p-6:30p Body Pump					

**Information:** Schedules are subject to change without notice. Information will be posted on gym doors and bulletin board.

**Open Basketball:**

The family gym is

**OSHKOSH COMMUNITY YMCA – 20<sup>TH</sup> AVENUE LOCATION**

3303 W 20<sup>th</sup> Avenue, Oshkosh, WI 54904

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