



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Office Hours
Mon-Fri 8:30-5:30pm
Sat 9:00am-12:00pm

Facility Hours:
See Gym Hours

Social Media
Friend us on Facebook



Oroville YMCA
1684 Robinson Street
Oroville, CA 95965
530.533.9622
www.ymcasuperiorcal.org

GROUP EXERCISE SCHEDULE: **Fall/Winter 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TAI CHI 7:45am Rika	PILATES 8:45am Cat	TAI CHI 7:45am Rika	PILATES 8:45am Cat	TAI CHI 7:45am Rika	
	SILVERSNEAKERS CLASSIC/CARDIO 10:00am Cat		SILVERSNEAKERS CLASSIC/CIRCUT 10:00am Cat		
WOMEN'S BODY SCULPT 4:30pm Sugih	YOGA IN 45 4:45pm Brenda	WOMEN'S BODY OSCUPT 4:30pm Sugih	YOGA IN 45 4:45pm Brenda	CO-ED CORE 4:30pm Sugih	
CO-ED CORE 5:30pm Sugih	CARDIO AEROBICS 5:30pm Kelly	CO-ED CORE 5:30pm Sugih	CARDIO AEROBICS 5:30pm Kelly		
GYM 6:00am - 7:00pm Staff	GYM 6:00am - 7:30PM Staff	GYM 6:00am - 7:00PM Staff	GYM 6:00am - 7:30pm Staff	GYM 6:00am - 7:30pm Staff	GYM 8:30am-12pm Staff

AQUATIC SCHEDULE: **Fall/Winter 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIM 7:30am - 10am 5:30pm-6:30pm		LAP SWIM 7:30am - 10am 5:30pm-6:30pm		LAP SWIM 7:30am - 10am 5:30pm-6:30pm	LAP SWIM/OPEN SWIM 10:00am-12:00pm
WATER FIT 8:00am Nancy		WATER FIT 8:00am Pamela		WATER FIT 8:00am Pamela	
DEEP WATER CARDIO 9:00am Pamela		DEEP WATER CARDIO 9:00am Cat		DEEP WATER CARDIO 9:00am Cat	
WATER FIT 5:30pm Nancy		WATER FIT 5:30pm Nancy		WATER FIT 5:30pm Sean	

Youth \$10 (4-25), Adult (26-61) \$35, Senior (62+) \$30, Family 1(1 adult & kids or couple) \$55,
Family 2(2 adults & kids) \$65, Day Pass \$10, Open Swim: Adults \$5, Youth \$3, Showers \$5 JOINING FEE \$25