



OAKLAND Y FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Outdoor Body Conditioning 7:30am-8:15am Michelle A PT Patio Strength	Outdoor Senior Fitness 12:00pm-12:50pm Joe PT Patio Strength	Outdoor Yoga 7:30am-8:50am Vanessa PT Patio Mind/Body	Outdoor Senior Fitness 12:00pm-12:50pm Joe PT Patio Strength	Outdoor Body Conditioning 7:30am-8:15am Michelle A PT Patio Strength	Outdoor Yoga 9:00am-9:50am Vanessa W PT Patio Mind/Body	
Outdoor Yoga 12:00pm-12:50pm Odisa W PT Patio Mind/Body	Outdoor Boot Camp 6:00pm-6:45pm Christian PT Patio Strength	Outdoor Yoga 12:00pm-12:50pm Odisa W PT Patio Mind/Body	Outdoor Boot Camp 6:00pm-6:45pm Christian PT Patio Strength	CLUB FIT 5:30pm-6:15pm Vanessa W Strength Floor Strength	Outdoor Boot Camp 10:00am-10:45am Christian PT Patio Strength	
				CLUB FIT 6:30pm-7:15pm Christian Strength Floor Strength		

*Schedule subject to change. Please download app or check the online schedule for the most current and up to date info.

Due to Covid-19 restrictions, class sizes are limited. All classes require preregistration. Please be kind and conscientious and remove yourself from class if you cannot make it. We ask that you cancel 24 hrs or more before class start to ensure that others have a chance to participate. Most classes will take place on the PT Patio. The PT Patio is accessible via Broadway Ave (The blue YMCA Association building next to the Oakland YMCA) Please bring your own towel and a mat.