



NORM WAITT SR. YMCA

Fall 2021

ONAWA GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		Cardio Dance 6:00-7:00 AM	
Silver Sneakers 10:30-11:30 AM			Silver Chair Dance 10:30-11:30AM
Yoga 5:00-6:00PM	Express Kickboxing 5:00-5:30 PM	Group Active 4:30-5:30PM	
Cardio Dance 6:00-7:00 PM	Silver Sneakers 5:30-6:30 PM	Yoga 5:30-6:30 PM	Silver Sneakers 5:30-6:30 PM

Join the fun by gaining an Onawa Membership to the YMCA!

Onawa Adult Membership | \$10.00 a month
Allows access to Onawa Site Group Exercise classes and program discounts.

Family Membership | \$30.00 a month
Allows access to group exercise classes to Onawa and receive program discounts to YMCA youth programs in Onawa.

Register, pay online and check us out on the web at:
<https://www.nwsymca.org/onawa-group-exercise>

Questions:

Email Program Coordinator, Elizabeth:
esturgill@nwsymca.org

Class Locations:

All classes held at the Onawa Community Center