



FOR YOUTH DEVELOPMENT ®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS

Senior Fitness Programs
EASTERN COMMUNITY YMCA



LAND FITNESS CLASSES

Monday, Wednesday, Friday 9:15am & 10am

WATER FITNESS CLASSES

Monday, Wednesday, Friday 8:10am & 9am

Tuesday, Thursday 11:15am

Oregon Residents– Age 50 and older. Pay \$25 registration fee at the Oregon Recreation Office.
Walbridge Residents– Age 55 and older. Pay \$20 registration fee at the Village Office.
Northwood Residents– Age 50 and older. Pay \$20 registration fee at the YMCA.

This program is subsidized in part by our Annual Scholarship Campaign and our partnership with the City of Oregon and Village of Walbridge.

EASTERN COMMUNITY YMCA
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