



# Oroville YMCA Group Fitness Schedule

FEBRUARY 2025

Revised 11.15.24

ymcasuperiorcal.org

530.533.9622

OROVILLE YMCA FITNESS CENTER

Monday	Tuesday	Wednesday	Thursday	Saturday
<b>Chair Yoga</b> 9:00am-9:50am Karen	<b>Open Pickleball</b> 9:00am-12:00pm	<b>Chair Yoga</b> 9:00am-9:50am Karen	<b>Open Pickleball</b> 9:00am-12:00pm	
	<b>Yogalates</b> 9:00am-9:50am Karen		<b>Yogalates</b> 9:00am-9:50am Karen	<b>Zumba</b> 9:00am-9:50am Karen
<b>Head to Toe</b> 10:00am-10:50am Arla		<b>Head to Toe</b> 10:00am-10:50am Arla		<b>Yoga Renew</b> 10:00am - 10:50am Karen
<b>UJAM</b> 5:45pm-6:45pm Chelsea	<b>Zumba Toning</b> 5:45pm-6:45pm Karen		<b>Zumba Toning</b> 5:45pm-6:45pm Karen	
<b>Class Location:</b>		<b>Gym</b>	<b>Mind &amp; Body Studio</b>	

**Facility Hours:** Monday-Thursday: 9am - 12pm  
Friday: CLOSED

Saturday: Classes ONLY 9:00am-11:00am  
Sunday: CLOSED

