

# Group Exercise Schedule

# February 2018

Closed classes requires registration with potential limited availability

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 5:40am: <i>Group cycling</i> 5:45am: <i>Boot Camp (closed)</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>Silver Sneakers Classic</i> 5:15pm: <i>Xplosion</i> 6:00pm: <i>Xplosion</i>	29 5:45am: <i>Boot Camp (closed)</i> 9am: <i>Aquanastics (closed)</i> 9:15am: <i>Silver Sneakers Yoga</i> 10am: <i>A.O.A. (Fitness Center)</i> 5:30pm: <i>Group Cycling</i> 6:30pm: <i>Zumba</i>	30 5:45am: <i>Boot Camp (closed)</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>Silver Sneakers Classic</i> 5:30pm: <i>Tabata (South Gym)</i> 6:00pm: <i>Zumba</i>	31 5:45am: <i>Boot Camp (closed)</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>Silver Sneakers Classic</i> 5:30pm: <i>Tabata (South Gym)</i> 6:00pm: <i>Zumba</i>	1 5:45am: <i>Boot Camp (closed)</i> 9am: <i>Aquanastics (closed)</i> 9:15am: <i>Silver Sneakers Yoga</i> 10am: <i>A.O.A. (North Gym)</i> 5:30pm: <i>Group Cycling</i> 6:30pm: <i>Vinyasa Yoga</i>	2 5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>A.O.A Cycling</i>	3 10am: <i>Heart &amp; Soul</i>
4 5:40am: <i>Group cycling</i> 5:45am: <i>Boot Camp (closed)</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>Silver Sneakers Classic</i> 5:15pm: <i>Xplosion</i> 6:00pm: <i>Xplosion</i>	5 5:45am: <i>Boot Camp (closed)</i> 9am: <i>Aquanastics (closed)</i> 9:15am: <i>Silver Sneakers Yoga</i> 10am: <i>A.O.A. (Fitness Center)</i> 5:30pm: <i>Group Cycling</i> 6:30pm: <i>Zumba</i>	6 5:45am: <i>Boot Camp (closed)</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>Silver Sneakers Classic</i> 5:30pm: <i>Tabata (South Gym)</i> 6:00pm: <i>Zumba</i>	7 5:45am: <i>Boot Camp (closed)</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>Silver Sneakers Classic</i> 5:30pm: <i>Tabata (South Gym)</i> 6:00pm: <i>Zumba</i>	8 5:45am: <i>Boot Camp (closed)</i> 9am: <i>Aquanastics (closed)</i> 9:15am: <i>Silver Sneakers Yoga</i> 10am: <i>A.O.A. (North Gym)</i> 5:30pm: <i>Group Cycling</i> 6:30pm: <i>Vinyasa Yoga</i>	9 5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>A.O.A Cycling</i>	10 8:30am: <i>Morning Yoga</i> 10am: <i>Heart &amp; Soul</i>
11 5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>Silver Sneakers Classic</i> 5:15pm: <i>Xplosion</i> 6:00pm: <i>Xplosion</i>	12 9am: <i>Aquanastics (closed)</i> 9:15am: <i>Silver Sneakers Yoga</i> 10am: <i>A.O.A. (Fitness Center)</i> 5:30pm: <i>Group Cycling</i> 6:30pm: <i>Zumba</i>	13 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>Silver Sneakers Classic</i> 5:30pm: <i>Tabata (South Gym)</i> 6:00pm: <i>Zumba</i>	14 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>Silver Sneakers Classic</i> 5:30pm: <i>Tabata (South Gym)</i> 6:00pm: <i>Zumba</i>	15 9am: <i>Aquanastics (closed)</i> 9:15am: <i>Silver Sneakers Yoga</i> 10am: <i>A.O.A. (North Gym)</i> 6:30pm: <i>Vinyasa Yoga</i>	16 5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>A.O.A Cycling</i>	17 8:30am: <i>Morning Yoga</i> 10am: <i>Heart &amp; Soul</i>

Cycling classes have a limited availability of bikes.

Questions on the schedule? Contact Health & Fitness Director Cory Greenway: [Cory.Greenway@ymcaworthington.org](mailto:Cory.Greenway@ymcaworthington.org) or 507-376-6197 ext. 230

Classes may be moved outside weather permitting during the Spring & Summer. Classes may be cancelled with short notice, any cancelled class will also be posted on Facebook

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18	19	20	21	22	23	24
	5:40am: <i>Group cycling</i> 5:45am: <i>Boot Camp (closed)</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>Silver Sneakers Classic</i> 5:15pm: <i>Xplosion</i> 6:00pm: <i>Xplosion</i>	5:45am: <i>Boot Camp (closed)</i> 9am: <i>Aquanastics (closed)</i> 9:15am: <i>Silver Sneakers Yoga</i> 10am: <i>A.O.A. (Fitness Center)</i> 6:30pm: <i>Zumba</i>	5:45am: <i>Boot Camp (closed)</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>Silver Sneakers Classic</i> 5:30pm: <i>Tabata (South Gym)</i> 6:00pm: <i>Zumba</i>	5:45am: <i>Boot Camp (closed)</i> 9am: <i>Aquanastics (closed)</i> 9:15am: <i>Silver Sneakers Yoga</i> 10am: <i>A.O.A. (North Gym)</i> 6:30pm: <i>Vinyasa Yoga</i>	5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>A.O.A Cycling</i>	8:30am: <i>Morning Yoga</i> 10am: <i>Heart &amp; Soul</i>
24	26	27	28	1	2	3
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