

Group Exercise Schedule

October 2017

Closed classes requires registration with potential limited availability | Classes Bolded and with VOD denotes Video On Demand playback

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	5:40am: <i>Group cycling</i> 5:30am: <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>	5:30am: <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>	5:30am: <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>	5:30am: <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>	5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>A.O.A. Cycling</i>	
8	9	10	11	12	13	14
	5:40am: <i>Group cycling</i> 5:30am: <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>	5:30am: <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>	5:30am: <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>	5:30am: <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>	5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>A.O.A. Cycling</i>	
15	16	17	18	19	20	21
	5:40am: <i>Group cycling</i> 5:30am: <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>	5:30am: <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>	5:30am: <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>	5:30am: <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>	5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>A.O.A. Cycling</i>	

Cycling classes have a limited availability of bikes.

Questions on the schedule? Contact Health & Fitness Director Cory Greenway: 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, and or replaced with **VOD**.

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	5:40am: <i>Group cycling</i> 5:30am: <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>	5:30am: <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>	5:30am: <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>	5:30am: <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: VOD: Revolution 21	5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>A.O.A Cycling</i>	
29	30	31	1	2	3	4
	5:40am: <i>Group cycling</i> 5:30am: <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>	5:30am: <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>	5:30am: <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>	5:30am: <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>	5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>A.O.A Cycling</i>	

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