

Group Exercise Schedule

April 2018

Closed classes requires registration with potential limited availability

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

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

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22	23	24	25	26	27	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>	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>	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> 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>	
29	30	1	2	29	4	5
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