

Group Exercise Schedule

November 2018

Some classes require a paid registration with potential limited availability (Register)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 5:15pm: <i>Xplosion</i> 5:30pm: <i>WaveFit (Register)</i>	30 5:45am: <i>Boot Camp (Register)</i> 9am: <i>Aquanastics (Register)</i> 9:15am: <i>Silver Sneakers Yoga</i> 10am: <i>A.O.A. (Fitness Center)</i> 4pm: <i>Women on Weights (FC): Sign up for a 30 minute session from 4-5:30pm</i> 5:30pm: <i>Group Cycling</i>	31 9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 5:30pm: <i>Tabata (North Gym)</i> 5:30pm: <i>Yoga (MPR)</i> 5:30pm: <i>WaveFit (Register)</i>	1 5:45am: <i>Boot Camp (Register)</i> 9am: <i>Aquanastics (Register)</i> 9:15am: <i>Silver Sneakers Yoga</i> 10am: <i>A.O.A. (Fitness Center)</i> 4pm: <i>Women on Weights (FC): Sign up for a 30 minute session from 4-5:30pm</i> 5:30pm: <i>Group Cycling</i>	2 5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (close)</i> 10am: <i>A.O.A Cycling</i>	3 10am: <i>Heart & Soul</i>
5 5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 5:15pm: <i>Xplosion</i>	6 5:45am: <i>Boot Camp (Register)</i> 9am: <i>Aquanastics (Register)</i> 9:15am: <i>Silver Sneakers Yoga</i> 10am: <i>A.O.A. (Fitness Center)</i> 5:30pm: <i>Group Cycling</i>	7 9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 5:30pm: <i>Tabata (North Gym)</i> 5:30pm: <i>Yoga (MPR)</i>	8 5:45am: <i>Boot Camp (Register)</i> 9am: <i>Aquanastics (Register)</i> 9:15am: <i>Silver Sneakers Yoga</i> 10am: <i>A.O.A. (Fitness Center)</i> 5:30pm: <i>Group Cycling</i>	9 5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (close)</i> 10am: <i>A.O.A Cycling</i>	10 10am: <i>Heart & Soul</i>
12 5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 5:15pm: <i>Xplosion</i> 5:30pm: <i>WaveFit Trial Class</i>	13 9am: <i>Aquanastics (Register)</i> 9:15am: <i>Silver Sneakers Yoga</i> 10am: <i>A.O.A. (Fitness Center)</i> 5:30pm: <i>Group Cycling</i>	14 9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 5:30pm: <i>Tabata (North Gym)</i> 5:30pm: <i>Yoga (MPR)</i> 5:30pm: <i>WaveFit Trial Class</i>	15 9am: <i>Aquanastics (Register)</i> 9:15am: <i>Silver Sneakers Yoga</i> 10am: <i>A.O.A. (Fitness Center)</i> 5:30pm: <i>Group Cycling</i>	16 5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (close)</i> 10am: <i>A.O.A Cycling</i>	17

Cycling classes have a limited availability of bikes.

Questions on the schedule? Contact Program 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

Group Exercise Schedule

November 2018

Some classes require a paid registration with potential limited availability (Register)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 5:15pm: <i>Xplosion</i> 5:30pm: <i>WaveFit (Register)</i>	20 5:45am: <i>Boot Camp (Register)</i> 9am: <i>Aquanastics (Register)</i> 9:15am: <i>Silver Sneakers Yoga</i> 10am: <i>A.O.A. (Fitness Center)</i> 5:30pm: <i>Group Cycling</i>	21 9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 5:30pm: <i>Tabata (North Gym)</i> 5:30pm: <i>Yoga (MPR)</i> 5:30pm: <i>WaveFit (Register)</i>	22 Thanksgiving Day Special Exercise Schedule	23 5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (close)</i> 10am: <i>A.O.A Cycling</i>	24 10am: <i>Heart & Soul</i>
26 5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 5:15pm: <i>Xplosion</i> 5:30pm: <i>WaveFit (Register)</i>	27 5:45am: <i>Boot Camp (Register)</i> 9am: <i>Aquanastics (Register)</i> 9:15am: <i>Silver Sneakers Yoga</i> 10am: <i>A.O.A. (Fitness Center)</i> 4pm: <i>Women on Weights (FC): Sign up for a 30 minute session from 4-5:30pm</i> 5:30pm: <i>Group Cycling</i>	28 9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 5:30pm: <i>Tabata (North Gym)</i> 5:30pm: <i>Yoga (MPR)</i> 5:30pm: <i>WaveFit (Register)</i>	29 5:45am: <i>Boot Camp (Register)</i> 9am: <i>Aquanastics (Register)</i> 9:15am: <i>Silver Sneakers Yoga</i> 10am: <i>A.O.A. (Fitness Center)</i> 4pm: <i>Women on Weights (FC): Sign up for a 30 minute session from 4-5:30pm</i> 5:30pm: <i>Group Cycling</i>	30 5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (close)</i> 10am: <i>A.O.A Cycling</i>	1 10am: <i>Heart & Soul</i>

Cycling classes have a limited availability of bikes.

Questions on the schedule? Contact Program 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