

# Group Exercise Schedule

# June 2018

Some classes require a paid registration with potential limited availability

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	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>	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>	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>	
3	4	5	6	7	8	9
	5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 10am: <i>Wave Fit(Register)</i> 5:15pm: <i>Xplosion</i> 6:00pm: <i>Xplosion</i>	5:45am: <i>Boot Camp (Register)</i> 8am: <i>Wave Yoga(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>	9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 10am: <i>Wave Fit(Register)</i> 5:30pm: <i>Tabata (North Gym)</i> 6:00pm: <i>Yoga (MPR)</i> 6:30pm: <i>Zumba</i>	5:45am: <i>Boot Camp (Register)</i> 8am: <i>Wave Yoga(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>	5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>A.O.A Cycling</i>	
10	11	12	13	14	15	16
	5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 10am: <i>Wave Fit(Register)</i> 5:15pm: <i>Xplosion</i> 6:00pm: <i>Xplosion</i>	5:45am: <i>Boot Camp (Register)</i> 8am: <i>Wave Yoga(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>	9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 10am: <i>Wave Fit(Register)</i> 5:30pm: <i>Tabata (North Gym)</i> 6:00pm: <i>Yoga (MPR)</i> 6:30pm: <i>Zumba</i>	5:45am: <i>Boot Camp (Register)</i> 8am: <i>Wave Yoga(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>	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](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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17	18	19	20	21	22	23
	5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 10am: <i>Wave Fit (Register)</i> 5:15pm: <i>Xplosion</i> 6:00pm: <i>Xplosion</i>	5:45am: <i>Boot Camp (Register)</i> 8am: <i>Wave Yoga (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>	9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 10am: <i>Wave Fit (Register)</i> 5:30pm: <i>Tabata (North Gym)</i> 6:00pm: <i>Yoga (MPR)</i> 6:30pm: <i>Zumba</i>	5:45am: <i>Boot Camp (Register)</i> 8am: <i>Wave Yoga (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>	5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (closed)</i> 10am: <i>A.O.A Cycling</i>	
24	25	26	27	28	29	30
	5:40am: <i>Group cycling</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 10am: <i>Wave Fit (Register)</i> 5:15pm: <i>Xplosion</i> 6:00pm: <i>Xplosion</i>	5:45am: <i>Boot Camp (Register)</i> 8am: <i>Wave Yoga (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>	9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 10am: <i>Wave Fit (Register)</i> 5:30pm: <i>Tabata (North Gym)</i> 6:00pm: <i>Yoga (MPR)</i> 6:30pm: <i>Zumba</i>	5:45am: <i>Boot Camp (Register)</i> 8am: <i>Wave Yoga (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>	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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