

## Group Exercise Schedule

## August 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <p>5:40am: <i>Group cycling</i>                      5:45am: <i>Boot Camp (register)</i>                      9am: <i>Fusion</i>                      9am: <i>Aquanastics (Register)</i>                      10am: <i>Silver Sneakers Classic</i>                      5:15pm: <i>Xplosion</i>                      6:00pm: <i>Xplosion</i></p>	<p>31</p> <p>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></p>	<p>1</p> <p>9am: <i>Fusion</i>                      9am: <i>Aquanastics (Register)</i>                      10am: <i>Silver Sneakers Classic</i>                      5:30pm: <i>Tabata (North Gym)</i>                      6:00pm: <i>Yoga (MPR)</i>                      6:30pm: <i>Zumba</i></p>	<p>2</p> <p>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></p>	<p>3</p> <p>5:40am: <i>Group cycling</i>                      9am: <i>Fusion</i>                      9am: <i>Aquanastics (closed)</i>                      10am: <i>A.O.A Cycling</i></p>	<p>4</p> <p>10am: <i>Heart &amp; Soul</i></p>
<p>6</p> <p>5:40am: <i>Group cycling</i>                      5:45am: <i>Boot Camp (register)</i>                      9am: <i>Fusion</i>                      9am: <i>Aquanastics (Register)</i>                      10am: <i>Silver Sneakers Classic</i>                      5:15pm: <i>Xplosion</i>                      6:00pm: <i>Xplosion</i></p>	<p>7</p> <p>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></p>	<p>8</p> <p>9am: <i>Fusion</i>                      9am: <i>Aquanastics (Register)</i>                      10am: <i>Silver Sneakers Classic</i>                      5:30pm: <i>Tabata (North Gym)</i>                      6:00pm: <i>Yoga (MPR)</i>                      6:30pm: <i>Zumba</i></p>	<p>9</p> <p>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></p>	<p>10</p> <p>5:40am: <i>Group cycling</i>                      9am: <i>Fusion</i>                      9am: <i>Aquanastics (closed)</i>                      10am: <i>A.O.A Cycling</i></p>	<p>11</p> <p>10am: <i>Heart &amp; Soul</i></p>
<p>13</p> <p>5:40am: <i>Group cycling</i>                      5:45am: <i>Boot Camp (register)</i>                      9am: <i>Fusion</i>                      9am: <i>Aquanastics (Register)</i>                      10am: <i>Silver Sneakers Classic</i>                      5:15pm: <i>Xplosion</i>                      6:00pm: <i>Xplosion</i></p>	<p>14</p> <p>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></p>	<p>15</p> <p>9am: <i>Fusion</i>                      9am: <i>Aquanastics (Register)</i>                      10am: <i>Silver Sneakers Classic</i>                      5:30pm: <i>Tabata (North Gym)</i>                      6:00pm: <i>Yoga (MPR)</i>                      6:30pm: <i>Zumba</i></p>	<p>16</p> <p>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></p>	<p>17</p> <p>5:40am: <i>Group cycling</i>                      9am: <i>Fusion</i>                      9am: <i>Aquanastics (closed)</i>                      10am: <i>A.O.A Cycling</i></p>	<p>18</p> <p>10am: <i>Heart &amp; Soul</i></p>

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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<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
5:40am: <i>Group cycling</i> 5:45am: <i>Boot Camp (register)</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 5:15pm: <i>Xplosion</i> 6:00pm: <i>Xplosion</i>	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>	9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</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> 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>	10am: <i>Heart &amp; Soul</i>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>
5:40am: <i>Group cycling</i> 5:45am: <i>Boot Camp (register)</i> 9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</i> 5:15pm: <i>Xplosion</i> 6:00pm: <i>Xplosion</i>	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>	9am: <i>Fusion</i> 9am: <i>Aquanastics (Register)</i> 10am: <i>Silver Sneakers Classic</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> 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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