

# VIRTUAL GROUP EXERCISE SCHEDULE

BLOOMINGTON NORMAL YMCA

Effective March 16<sup>th</sup> – March 29<sup>th</sup>, 2020

\*\*Can be subject to change\*\*



## MOSSA MOVE

\*Login to [www.mossamove.net](http://www.mossamove.net)

\*Create login account

\*Put credit card info in for 60 day free trial

\*Start your virtual MOSSA workouts from ANYWHERE!!

\*\*ALL workouts are 30minutes in length

## SilverSneakers

\*Visit SilverSneakers ON DEMAND

\*Sign in using your SilverSneakers member number

\*Enjoy your workout from home!!

|  | Monday                                 | Tuesday                                | Wednesday                               | Thursday                               | Friday                                 | Saturday                           | Sunday                                |
|--|--|--|---|--|--|------------------------------------|---------------------------------------|
|  |  |  | 5:10-5:40am<br><b>MOSSA Core</b>        |  | 5:10-5:40am<br><b>MOSSA Core</b>       |                                    |                                       |
|  | 5:45-6:30am<br><b>MOSSA Centergy</b>   | 5:45-6:30am<br><b>MOSSA Athlete30</b>  | 5:45-6:15am<br><b>MOSSA Athlete30</b>   | 5:45-6:30am<br><b>MOSSA Athlete30</b>  |  |                                    |                                       |
|  | <b>Silver Sneakers</b><br>8:00-8:45am  |  | <b>Silver Sneakers</b><br>8:00-8:45am   |  | <b>Silver Sneakers</b><br>8:00-8:45am  | 8:00a-9:00a<br><b>MOSSA Fight</b>  |                                       |
|  | <b>Silver Sneakers</b><br>9:10-9:55am  |  | <b>Silver Sneakers</b><br>9:10-9:55am   |  | <b>Silver Sneakers</b><br>9:10-9:55am  | 9:00-10:00am<br><b>MOSSA MOVE!</b> |                                       |
|  | 10:00-11:00a<br><b>MOSSA Fight</b>     | 10:15-11:15am<br><b>MOSSA Centergy</b> | 10:15a-11:15a<br><b>MOSSA Athlete30</b> | 10:15-11:15am<br><b>MOSSA Centergy</b> | 10:00-11:00am<br><b>MOSSA Blast</b>    |                                    |                                       |
|  |  |  |   |  |  |                                    |                                       |
|  | 12:00-1:00pm<br><b>MOSSA Athlete30</b> |  |   |  | 12:00-1:00pm<br><b>MOSSA Athlete30</b> |                                    | 2:00-3:00pm<br><b>MOSSA Athlete30</b> |
|  |  | 4:15-5:00pm<br><b>MOSSA Core</b>       |   | 4:15-5:00pm<br><b>MOSSA Core</b>       |  |                                    | 3:00-3:55pm<br><b>MOSSA Centergy</b>  |
|  |  |  |   |  | 4:30-5:25pm<br><b>MOSSA Athlete30</b>  |                                    |                                       |
|  | 5:30-6:30pm<br><b>MOSSA Athlete30</b>  | 5:30-6:30pm<br><b>MOSSA Blast</b>      | 5:30-6:30pm<br><b>MOSSA Fight</b>       | 5:30-6:30pm<br><b>MOSSA Blast</b>      | 5:30-6:30pm<br><b>MOSSA Groove</b>     |                                    |                                       |
|  | 6:35-7:30pm<br><b>MOSSA Groove</b>     |  | 6:35-7:35pm<br><b>MOSSA Groove</b>      | 6:30-7:30pm<br><b>MOSSA Centergy</b>   |  |                                    |                                       |

