

Morning Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 – 6:45 AM SUNRISE YOGA Ellen STUDIO 2	5:45 – 6:30 AM BODYPUMP EXPRESS Sue STUDIO 1	5:45 – 6:30 AM YOGA SCULPT Kathi STUDIO 2	5:45 – 6:45 AM BODYPUMP Kim STUDIO 1	5:45 – 6:30 AM STEP Sue STUDIO 1	8 – 8:45 AM CYCLE Catie STUDIO 4	9 – 9:45 AM CARDIO DANCE FUSION Kay Jay STUDIO 1
8 – 8:45 AM FOREVER FIT + Amy STUDIO 1	8 – 8:45 AM FOREVER FIT + Amy H STUDIO 1	8 – 8:45 AM MIND/BODY/RECOVERY Ronna STUDIO 2	5:45 – 6:30 AM CYCLE Jordan STUDIO 4	8 – 8:45 AM FOREVER FIT + Susan STUDIO 1	9 – 10 AM ASHTANGA YOGA Jan STUDIO 2	9:30 – 10:30 AM YOGA Ellen STUDIO 2
9 – 9:45 AM GLOBAL DANCE PARTY Amy H STUDIO 1	9 – 10 AM STRENGTH CIRCUITS Emily STUDIO 1	8 – 8:45 AM LABLAST Jessica STUDIO 1	8 – 8:45 AM FOREVER FIT + Cynthia STUDIO 1	9 – 10 AM BARRE Jordan STUDIO 2	9:30 – 10:30 AM ZUMBA® Deanne STUDIO 1	10 – 10:45 AM AQUA DANCE Kay Jay LAP POOL
9:45 – 10:30 AM SILVER SNEAKERS™ CLASSIC Mike MULTI-PURPOSE A	9 – 10 AM ALIGNMENT YOGA Sara A STUDIO 2	9 – 9:45 AM MAT PILATES Ronna STUDIO 2 & VIRTUAL	9 – 10 AM YOGA Ellen STUDIO 2	9:30 – 10:30 AM FOREVER FIT + Jim VIRTUAL	10:15 – 11:15 AM BARRE Debi STUDIO 2	10 – 11 AM BODYPUMP Rotating Instructor STUDIO 1
11 – 11:45 AM SILVER SNEAKERS® CLASSIC Mike VIRTUAL	10 – 10:45 AM SILVER SNEAKERS® CHAIR YOGA Ellen VIRTUAL	9 – 10 AM H.I.I.T. Jen/Taylor STUDIO 1	9 – 10 AM STRENGTH CIRCUITS Emily STUDIO 1	9:45 – 10:30 AM SILVER SNEAKERS® CLASSIC Mike MULTI-PURPOSE A		
		9:45 – 10:30 AM SILVER SNEAKERS™ CLASSIC Mike MULTI-PURPOSE A	10:30 – 11:15 AM CHAIR YOGA Ellen MULTI-PURPOSE A	10 – 10:50 AM AQUA FIT Susan LAP POOL		
				10 – 11 AM OULA Ella STUDIO 1	WEEKEND BODYPUMP ROTATION 11/13 • 10 AM • Bodypump – Kim 11/20 • 10 AM • Bodypump – Sue 11/27 • 10 AM • Bodypump – AnneMarie 12/4 • 10 AM • Full Strength – Jen 12/11 • 10 AM • Bodypump – Sandra FITNESS CENTER HOURS MONDAY – THURSDAY • 5:30 AM – 10 PM FRIDAY • 5:30 AM – 6 PM SATURDAY & SUNDAY • 7 AM – 6 PM Questions? Contact Jordan Heikens 651.255.4748 or jordanh@minnesotajcc.org CLICK HERE to register for Virtual Classes	
				11 – 11:45 AM SILVER SNEAKERS® CLASSIC Mike VIRTUAL		

