



Morning Classes

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY   |
|---|--|---|---|---|---|--|
| 6 – 6:45 AM<br><b>SUNRISE YOGA</b><br>Ellen<br>STUDIO 2                       | 5:45 – 6:30 AM<br><b>BODYPUMP EXPRESS</b><br>Sue<br>STUDIO 1           | 5:45 – 6:30 AM<br><b>YOGA SCULPT</b><br>Kathi<br>STUDIO 2                     | 5:45 – 6:45 AM<br><b>BODYPUMP EXPRESS</b><br>Kim<br>STUDIO 1      | 5:45 – 6:30 AM<br><b>STEP</b><br>Sue<br>STUDIO 1                              | 8 – 8:45 AM<br><b>CYCLE EXPRESS</b><br>Catie<br>STUDIO 4  | 9 – 9:45 AM<br><b>CARDIO DANCE</b><br>Kay Jay<br>STUDIO 1        |
| 8 – 8:45 AM<br><b>FOREVER FIT +</b><br>Cynthia<br>STUDIO 1                    | 8 – 8:45 AM<br><b>FOREVER FIT +</b><br>Amy H<br>STUDIO 1               | 5:45 – 6:45 AM<br><b>POUND</b><br>Kim<br>STUDIO 1                             | 5:45 – 6:30 AM<br><b>CYCLE EXPRESS</b><br>Jordan<br>STUDIO 4      | 8 – 8:45 AM<br><b>FOREVER FIT +</b><br>Susan<br>STUDIO 1                      | 9 – 10 AM<br><b>ASHTANGA YOGA</b><br>Jan<br>STUDIO 2  | 9:30 – 10:30 AM<br><b>YOGA</b><br>Ellen<br>STUDIO 2              |
| 8 – 8:50 AM<br><b>YIN YOGA &amp; MEDITATION</b><br>Victoria<br>STUDIO 2       | 8 – 8:50 AM<br><b>GUIDED MEDITATION</b><br>Victoria<br>STUDIO 2        | 8 – 8:45 AM<br><b>MIND/BODY/RECOVERY</b><br>Ronna<br>STUDIO 2                 | 8 – 8:45 AM<br><b>FOREVER FIT +</b><br>Cynthia<br>STUDIO 1        | 8 – 8:50 AM<br><b>YIN YOGA &amp; MEDITATION</b><br>Victoria<br>STUDIO 2       | 9:30 – 10:30 AM<br><b>ZUMBA®</b><br>Deanne<br>STUDIO 1  | 10 – 10:50 AM<br><b>AQUA DANCE</b><br>Kay Jay<br>LAP POOL        |
| 9 – 9:45 AM<br><b>LABLAST</b><br>Jessica<br>STUDIO 1                          | 9 – 10 AM<br><b>STRENGTH CIRCUITS</b><br>Emily<br>STUDIO 1             | 8 – 8:45 AM<br><b>GLOBAL DANCE PARTY</b><br>Amy H<br>STUDIO 1                 | 8 – 8:50 AM<br><b>GUIDED MEDITATION</b><br>Victoria<br>STUDIO 2   | 9 – 10 AM<br><b>BARRE</b><br>Jordan<br>STUDIO 2                               | 10:15 – 11:15 AM<br><b>BARRE</b><br>Kathi<br>STUDIO 2   | 10 – 11 AM<br><b>BODYPUMP</b><br>Rotating Instructor<br>STUDIO 1 |
| 9:45 – 10:30 AM<br><b>SILVER SNEAKERS™ CLASSIC</b><br>Mike<br>MULTI-PURPOSE A | 9 – 10 AM<br><b>ALIGNMENT YOGA</b><br>Sara A<br>STUDIO 2               | 9 – 9:50 AM<br><b>MAT PILATES</b><br>Ronna<br>STUDIO 2 & VIRTUAL              | 9 – 10 AM<br><b>VINYASA YOGA</b><br>Ellen<br>STUDIO 2             | 9:30 – 10:30 AM<br><b>FOREVER FIT + VIRTUAL</b><br>Jim                        |   |  |
| 11 – 11:45 AM<br><b>SILVER SNEAKERS® CLASSIC</b><br>Mike<br>VIRTUAL           | 10 – 10:45 AM<br><b>SILVER SNEAKERS® CHAIR YOGA</b><br>Lori<br>VIRTUAL | 9 – 10 AM<br><b>H.I.I.T.</b><br>Taylor<br>STUDIO 1                            | 9 – 10 AM<br><b>STRENGTH CIRCUITS</b><br>Emily<br>STUDIO 1        | 9:45 – 10:30 AM<br><b>SILVER SNEAKERS® CLASSIC</b><br>Mike<br>MULTI-PURPOSE A |   |  |
|   | 10 – 10:45 AM<br><b>CHAIR YOGA</b><br>Ellen<br>MULTI-PURPOSE A         | 9:45 – 10:30 AM<br><b>SILVER SNEAKERS™ CLASSIC</b><br>Mike<br>MULTI-PURPOSE A | 10:30 – 11:15 AM<br><b>CHAIR YOGA</b><br>Ellen<br>MULTI-PURPOSE A | 10 – 10:50 AM<br><b>WATER AEROBICS</b><br>Susan<br>LAP POOL                   | <p align="center"><b>FITNESS CENTER HOURS</b><br/>MONDAY – THURSDAY • 5:30 AM – 10 PM<br/>FRIDAY • 5:30 AM – 6 PM<br/>SATURDAY &amp; SUNDAY • 7 AM – 6 PM</p> |  |
|   |  | 10 – 10:50 AM<br><b>WATER AEROBICS</b><br>Lori<br>LAP POOL                    | 11 – 11:50 AM<br><b>YOGA LAB</b><br>Victoria<br>STUDIO 2          | 10 – 11 AM<br><b>OULA</b><br>Ella<br>STUDIO 1                                 |   |  |
|   |  | 10 – 10:50 AM<br><b>BARRE</b><br>Debi<br>STUDIO 2                             |   | 11 – 11:45 AM<br><b>SILVER SNEAKERS® CLASSIC</b><br>Mike<br>VIRTUAL           |   |  |
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## Afternoon Classes

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   | SUNDAY  |
|--|---|---|---|---|--|---|
| NOON – 1 PM<br><b>YOGA</b><br>Lori<br><b>STUDIO 2</b>              | NOON – 12:45 PM<br><b>MAT PILATES</b><br>Libby<br><b>STUDIO 2</b>           | NOON – 1 PM<br><b>YOGA SAMPLER</b><br>Jan<br><b>STUDIO 2</b>    | NOON – 1 PM<br><b>HATHA YOGA</b><br>Victoria<br><b>STUDIO 2</b>       | NOON – 12:45 PM<br><b>MAT PILATES</b><br>Libby<br><b>STUDIO 2</b>   |  | 4:30 – 5:30 PM<br><b>YIN YOGA &amp; MEDITATION</b><br>Lisa<br><b>STUDIO 2</b> |
| 4:45 – 5:30 PM<br><b>AQUA ZUMBA®</b><br>Susan<br><b>LAP POOL</b>   | 1:30 – 2:15 PM<br><b>AQUA FOR ARTHRITIS</b><br>Bob<br><b>REC POOL</b>       | NOON - 1 PM<br><b>POWER STRENGTH</b><br>Debi<br><b>STUDIO 1</b> | 5 – 5:45 PM<br><b>STRENGTH &amp; CARDIO</b><br>Sue<br><b>STUDIO 1</b> | 4:45 – 5:30 PM<br><b>CYCLE EXPRESS</b><br>Lauren<br><b>STUDIO 4</b> |  |   |
| 5 – 5:50 PM<br><b>BALLET FOR ALL</b><br>Jessica<br><b>STUDIO 2</b> | 2:30 – 3:15 PM<br><b>SILVER SNEAKERS 50/50</b><br>Bob<br><b>STUDIO 1</b>    | 5 – 6 PM<br><b>CYCLE</b><br>Mike<br><b>STUDIO 4</b>             | 5:30 – 6:30 PM<br><b>RESTORATIVE YOGA</b><br>Lisa<br><b>STUDIO 2</b>  |   |  |   |
| 5 – 6 PM<br><b>CYCLE</b><br>Mike<br><b>STUDIO 4</b>                | 4:30 – 5:20 PM<br><b>OULA ONE</b><br>Andrea<br><b>STUDIO 1</b>              | 5:30 – 6:20 PM<br><b>BARRE</b><br>Devin<br><b>STUDIO 2</b>      | 7 – 8 PM<br><b>WATER AEROBICS</b><br>Christina<br><b>LAP POOL</b>     |   |  |   |
| 5:30 – 6:20 PM<br><b>OULA</b><br>Leah<br><b>STUDIO 1</b>           | 5 – 5:45 PM<br><b>STRENGTH &amp; CARDIO</b><br>Jim O<br><b>STUDIO 1</b>     | 5:30 – 6:20 PM<br><b>LABLAST</b><br>Jessica<br><b>STUDIO 1</b>  | 7 – 8 PM<br><b>FELDENKRAIS</b><br>Maggie<br><b>STUDIO 2</b>           |   |  |   |
| 6 – 7 PM<br><b>YOGA</b><br>Jeannie<br><b>STUDIO 2</b>              | 5:30 – 6:30 PM<br><b>VINYASA YOGA</b><br>Victoria<br><b>STUDIO 2</b>        | 6:30 – 7:30 PM<br><b>BODYPUMP</b><br>Sandra<br><b>STUDIO 1</b>  |   |   |  |   |
| 6:30 – 7:30 PM<br><b>BODYPUMP</b><br>Bridget<br><b>STUDIO 1</b>    | 6 – 7 PM<br><b>POUND</b><br>Jeni<br><b>STUDIO 1</b><br><i>*begins 01/31</i> | 6:30 – 7:30 PM<br><b>GENTLE YOGA</b><br>Rene<br><b>STUDIO 2</b> |   |   |  |   |
|  |   |   |   |   | <p><b>FITNESS CENTER HOURS</b><br/>MONDAY – THURSDAY • 5:30 AM – 10 PM<br/>FRIDAY • 5:30 AM – 6 PM<br/>SATURDAY &amp; SUNDAY • 7 AM – 6 PM</p> <p><b>QUESTIONS?</b><br/>Contact Jordan at<br/>651.255.4748 or<br/><a href="mailto:jordanh@minnesotajcc.org">jordanh@minnesotajcc.org</a></p> <p><a href="#">CLICK HERE</a> to register for Virtual Classes</p> <p><i>\$\$ Fee Based Class: Registration Required</i></p> |   |
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