

Health & Wellness

GROUP EX

Minnesota JCC
Capp Center St. Paul



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 – 6:45 AM SUNRISE YOGA Ellen STUDIO 2	5:45 – 6:30 AM BODYPUMP EXPRESS Sue STUDIO 1	5:45 – 6:30 AM POUND Kim STUDIO 1	5:45 – 6:30 AM BODYPUMP EXPRESS Kim STUDIO 1	5:45 – 6:30 AM STEP Sue STUDIO 1	8 – 9 AM CYCLE James L STUDIO 4	9 – 9:45 AM CARDIO DANCE Kay Jay STUDIO 1
8 – 8:45 AM FOREVER FIT + Cynthia STUDIO 1	6 – 6:45 AM WATER AEROBICS Christina RECPOOL	6 – 6:45 AM POWER VINYASA + CORE STRENGTH Victoria STUDIO 2	5:45 – 6:30 AM CYCLE EXPRESS 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
8 – 8:50 AM YINYOGA & MEDITATION Ellen STUDIO 2	8 – 8:45 AM FOREVER FIT + Amy H STUDIO 1	8 – 8:45 AM ROLL & RESTORE Ronna STUDIO 2	8 – 8:45 AM FOREVER FIT + Cynthia STUDIO 1	8 – 8:50 AM YINYOGA & MEDITATION Victoria STUDIO 2	9:30 – 10:30 AM ZUMBA® Deanne STUDIO 1	10 – 10:50 AM AQUA DANCE Kay Jay LAP POOL
9 – 9:45 AM LABLAST Jessica STUDIO 1	8 – 8:50 AM GUIDED MEDITATION Victoria STUDIO 2	8 – 8:45 AM GLOBAL DANCE PARTY Amy H STUDIO 1	8 – 8:50 AM GUIDED MEDITATION Victoria STUDIO 2	9 – 10 AM BARRE Jordan STUDIO 2	10:15 – 11:15 AM BARRE Kathi STUDIO 2	10 – 11 AM BODYPUMP Rotating Instructor STUDIO 1
9:45 – 10:30 AM SILVER SNEAKERS™ CLASSIC Mike MULTI-PURPOSE A	9 – 10 AM STRENGTH CIRCUITS Emily STUDIO 1	9 – 9:50 AM MAT PILATES & VIRTUAL Ronna STUDIO 2	9 – 10 AM VINYASA YOGA Ellen STUDIO 2	9:30 – 10:30 AM FOREVER FIT + VIRTUAL		
11 – 11:45 AM SILVER SNEAKERS® CLASSIC Mike VIRTUAL	9 – 10 AM ALIGNMENT YOGA Sara A STUDIO 2	9 – 10 AM H.I.L.T. Will STUDIO 1	9 – 10 AM STRENGTH CIRCUITS Emily STUDIO 1	9:45 – 10:30 AM SILVER SNEAKERS® CLASSIC Mike MULTI-PURPOSE A		
	10 – 10:45 AM SILVER SNEAKERS® CHAIR YOGA Lori VIRTUAL	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 WATER AEROBICS Susan LAP POOL		
	10 – 10:45 AM CHAIR YOGA Ellen MULTI-PURPOSE A	10 – 10:50 AM WATER AEROBICS Lori LAP POOL	11 – 11:50 AM POWER VINYASA + CORE STRENGTH Victoria STUDIO 2	10 – 11 AM OULA Ella STUDIO 1		
		10 – 10:45 AM BARRE Debi STUDIO 2		11 – 11:45 AM SILVER SNEAKERS® CLASSIC Mike VIRTUAL		
					FITNESS CENTER HOURS MONDAY – THURSDAY • 5:30 AM – 10 PM FRIDAY • 5:30 AM – 6 PM SATURDAY & SUNDAY • 7 AM – 6 PM	

