



# MEMORIAL DAY GROUP EXERCISE SCHEDULE

## CAPP CENTER ST. PAUL

- 8 AM - Yin Yoga & Meditation with Ellen in Studio 2
- 9 AM - Oula with Debi K in Studio 1
- 9:45 AM - Silver Sneakers with Mike D in Multipurpose
- 10 AM - Barre with Debi K in Studio 2
- 11 AM - Power Strength with Debi K in Studio 1

## SABES CENTER MINNEAPOLIS

- 8:30 AM - Water Aerobics with Bob in the Indoor Pool
- 9:30 AM - Mat Pilates with Linda in East Studio
- 10 AM - Forever Fit+ with Jim O in West Studio
- 11 AM - Silver Sneakers with Jim O in West Studio

## VIRTUAL

- 8:30 AM - Yoga with Debbie C on Zoom

