



# GROUP EX



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9:30 AM <b>ALIGNMENT YOGA</b> Debbie C	9 – 9:45 AM <b>TAI CHI</b> Colin	9:30 – 10:10 AM <b>BALANCE &amp; MOBILITY</b> Chris	9 – 9:45 AM <b>TAI CHI</b> Colin	8:30 – 9:30 AM <b>ALIGNMENT YOGA</b> Debbie C	11 AM – NOON <b>INTERMEDIATE YOGA</b> Deborah U <i>Hybrid: Onsite &amp; Virtual</i>	11 AM – NOON <b>INTERMEDIATE YOGA</b> Deborah U <i>Hybrid: Onsite &amp; Virtual</i>
10 – 10:40 AM <b>BALANCE &amp; MOBILITY</b> Chris	9:30 – 10:15 AM <b>FULL BODY STRENGTH</b> Julie <i>Hybrid: Onsite &amp; Virtual</i>	11 – 11:45 AM <b>SILVER SNEAKERS</b> Cindy	9:30 – 10:15 AM <b>FULL BODY STRENGTH</b> Julie <i>Hybrid: Onsite &amp; Virtual</i>	9:30 – 10:15 AM <b>FOREVER FIT +</b> Jim O		
11 – 11:45 AM <b>SILVER SNEAKERS</b> Mike D	10 – 10:45 AM <b>CHAIR YOGA</b> Lori B		10 – 10:45 AM <b>CHAIR YOGA</b> Lori B	11 – 11:45 AM <b>CORE STRENGTH</b> Ronna		
	4:30 – 5:30 PM <b>GENTLE YOGA</b> Ronna <i>Hybrid: Onsite &amp; Virtual</i>		6 – 7 PM <b>LIFT N PUMP</b> Laurie E <i>Hybrid: Onsite &amp; Virtual</i>	11 – 11:45 PM <b>SILVER SNEAKERS</b> Mike D		
	6 – 7 PM <b>LIFT N PUMP</b> Laurie E <i>Hybrid: Onsite &amp; Virtual</i>			Noon–12:45 PM <b>FOAM ROLL &amp; RESTORE</b> Ronna		

**Registration is required for Virtual Group Exercise Classes. Register here:**

<https://minnesotajcc.org/fitness-club/capp-center-st-paul/classes/capp-fitness-virtual-health-wellness-scheduler/>