

Health & Wellness

GROUP EX

Minnesota JCC
Capp Center St. Paul

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 – 6:45 AM SUNRISE Y OGA Lisa STUDIO 2	5:45 – 6:30 AM BODY PUMP EXPRESS Sue STUDIO 1	5:45 – 6:30 AM POUND Kim STUDIO 1	5:45 – 6:30 AM BODY PUMP 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 ZUMBA® Susan STUDIO 1
8 – 8:45 AM FOREVER FIT Cynthia STUDIO 1	6 – 6:45 AM WATER AEROBICS Christina RECPOOL	8 – 8:45 AM FOREVER FIT Y OGA Paula STUDIO 2	5:45 – 6:30 AM CYCLE EXPRESS Dave STUDIO 4	8 – 8:45 AM FOREVER FIT Diana STUDIO 1	9 – 10 AM ASHTANGA Y OGA Jan STUDIO 2	9 – 9:45 AM CYCLE EXPRESS Diana STUDIO 4 TIME CHANGE!
8 – 8:50 AM YINY OGA & MEDITATION Nasha STUDIO 2	8 – 8:45 AM FOREVER FIT Nasha STUDIO 1	9 – 9:50 AM MAT PILATES Ronna STUDIO 2	8 – 8:45 AM FOREVER FIT Cynthia STUDIO 1	8 – 8:50 AM YINY OGA & MEDITATION Claire STUDIO 2	9:30 – 10:30 AM ZUMBA® Deanne STUDIO 1	9:30 – 10:30 AM Y OGA Jim K STUDIO 2
9 – 9:45 AM CARDIO DANCE + SCULPT Nasha STUDIO 1	9 – 10 AM STRENGTH CIRCUITS Nasha STUDIO 1	9 – 9:45 AM H.I.I.T. Rachel STUDIO 1	9 – 10 AM VINYASA Y OGA Ellen STUDIO 2	9 – 10 AM BARRE Elizabeth STUDIO 2	10:15 – 11:15 AM BARRE Kathi STUDIO 2	10 – 10:45 AM AQUA ZUMBA® Susan LAP POOL
9:45 – 10:30 AM SILVER SNEAKERS™ CLASSIC Mike D MULTI-PURPOSE A	9 – 10 AM ALIGNMENT Y OGA Sara A STUDIO 2	9:45 – 10:30 AM SILVER SNEAKERS™ CLASSIC Mike D MULTI-PURPOSE A	9 – 10 AM STRENGTH CIRCUITS Nasha STUDIO 1	9:45 – 10:30 AM SILVER SNEAKERS® CLASSIC Mike D MULTI-PURPOSE A		10 – 11 AM BODY PUMP Rotating Instructor STUDIO 1
10 – 10:45 AM WATER AEROBICS Lori LAP POOL	10:30 – 11:15 AM CHAIR Y OGA Ellen ROOM G aka WAR VETERANS ROOM	10 – 10:45 AM AQUA ZUMBA® Kevin LAP POOL	10:15 – 11 AM POUND Mike L STUDIO 1	10 – 10:45 AM WATER AEROBICS Mike L LAP POOL		
		10 – 10:45 AM BARRE Debi STUDIO 2	10:30 – 11:15 AM CHAIR YOGA Ellen ROOM G / WAR VETERANS ROOM	10 – 11 AM OULA DANCE Ella STUDIO 1	FITNESS CENTER HOURS MONDAY – THURSDAY • 5:30 AM – 10 PM FRIDAY • 5:30 AM – 6 PM SATURDAY & SUNDAY • 7 AM – 6 PM	
				10:30 – 11:30 AM FELDENKRAIS Maggie STUDIO 2		



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOON – 1 PM Y OGA Lori STUDIO 2	NOON – 12:50 PM MAT PILATES FOUNDATIONS Libby STUDIO 2	NOON – 1 PM ASHTANGA Y OGA WORKSHOP Jan STUDIO 2	NOON – 1 PM VINYASA YOGA Paula STUDIO 2	NOON – 12:50 PM MAT PILATES STRETCH & STRENGTH Libby STUDIO 2		4:30 – 5:30 PM Y INY OGA & MEDITATION Lisa STUDIO 2
NOON – 12:45 PM POWER STRENGTH Debi STUDIO 1	1:15 – 2 PM AQUA FOR ARTHRITIS Bob REC POOL	NOON – 12:45 PM POWER STRENGTH Debi STUDIO 1	4:30 – 5:20 PM ADVANCED MAT PILATES Mariusz STUDIO 2	4:45 – 5:30 PM CY CLE EXPRESS Lauren STUDIO 4		
4:45 – 5:30 PM AQUA ZUMBA® James LAP POOL	2:45 – 3:30 PM SILVER SNEAKERS CHAIR EXERCISE Bob MULTI-PURPOSE A	5 – 6 PM CY CLE Mike D STUDIO 4	5 – 5:45 PM STRENGTH & CARDIO Sue STUDIO 1			
4 – 5 PM TAP DANCE Carla STUDIO 1 \$\$		5:30 – 6:20 PM BARRE Elizabeth STUDIO 2	5:30 – 6:30 PM RESTORATIVE Y OGA Lisa STUDIO 2			
5 – 5:50 PM BALLET FOR ALL Jessica STUDIO 2	4:30 – 5:20 PM Y OGA FOR BONE HEALTH Ellen STUDIO 2	5:20 – 6:20 PM ZUMBA® Drina STUDIO 1	6 – 6:50 PM LABLAST Jess STUDIO 1			
5 – 6 PM CY CLE Mike D STUDIO 4	5 – 5:50 PM STRENGTH & CARDIO Jim O STUDIO 1	6:30 – 7:30 PM BODY PUMP Sandra STUDIO 1	7 – 7:45 PM WATER AEROBICS Christina LAP POOL			
5:30 – 6:20 PM OULA DANCE Leah STUDIO 1	5:30 – 6:30 PM Y OGA Ellen STUDIO 2	6:30 – 7:30 PM GENTLE Y OGA Ginny STUDIO 2				
6 – 7 PM VINY ASA Y OGA Jeannie STUDIO 2	6 – 7 PM CY CLE James L STUDIO 4	7:45 – 8:45 PM KRAV MAGA ADULTS Jacob Studio 1 \$\$				FITNESS CENTER HOURS MONDAY – THURSDAY • 5:30 AM – 10 PM FRIDAY • 5:30 AM – 6 PM SATURDAY & SUNDAY • 7 AM – 6 PM QUESTIONS? Contact Bri at Briannaj@minnesotajcc.org <i>\$\$ Fee Based Class: Registration Required</i>
6:30 – 7:30 PM BODY PUMP Bridget STUDIO 1	6 – 6:50 PM POUND Jeni STUDIO 1					