



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9:15 AM WATER AEROBICS Bob INDOOR POOL	8:30 – 9:15 AM WATER AEROBICS Pat INDOOR POOL	8:30 – 9:15 AM WATER AEROBICS Pat INDOOR POOL	8:30 – 9:15 AM WATER AEROBICS Shelli INDOOR POOL	8:30 – 9:15 AM WATER AEROBICS Bob INDOOR POOL	8:45 – 9:30 AM AQUA ZUMBA James M INDOOR POOL	10:30 – 11:30 AM LIFT N PUMP Laurie WEST STUDIO
8:30 – 9:15 AM HIIT + STRENGTH Russell WEST STUDIO	6:30-7:15 AM STRENGTH CIRCUITS Wincent WEST STUDIO	8:30 – 9:15 AM PILATES FUSION Linda EAST STUDIO	8:30 – 9:15 AM CYCLE EXPRESS Julie WEST STUDIO	8:30 – 9:30 AM POWER VINYASA Jody EAST STUDIO	9 – 9:50 AM CYCLE EXPRESS Donna WEST STUDIO	11 AM – NOON YOGA Deborah U EAST STUDIO
9:30 – 10:30 AM POWER VINYASA Jacqui EAST STUDIO	8:30 – 9:15 AM CYCLE EXPRESS Julie WEST STUDIO	9:30 – 10:45 AM ALIGNMENT YOGA Debbie C EAST STUDIO	9:30 – 10:15 AM FULL BODY STRENGTH Julie WEST STUDIO	9:45 – 10:45 AM CARDIO DANCE! Shira WEST STUDIO	10 – 10:50 AM XABEAT LaChel WEST STUDIO	
10 – 10:45 AM FOREVER FIT Jim WEST STUDIO	9:30 – 10:30 AM MAT PILATES Linda EAST STUDIO	9:30– 10:10 AM CHAIR STRETCH GROUP COACHING STUDIO Chris	10 – 10:45 AM CHAIR STRETCH Chris WEST STUDIO	11 – NOON DEEP STRETCHING Nasha EAST STUDIO	11 AM – NOON YOGA Deborah U EAST STUDIO	
10 – 10:45 AM CHAIR STRETCH GROUP COACHING STUDIO Chris	9:30 – 10:15 AM FULL BODY STRENGTH Julie WEST STUDIO	10 – 10:45 AM FOREVER FIT Jim WEST STUDIO	10:45 – 11:45 AM GENTLE YOGA Molly EAST STUDIO	11 – 11:45 AM SILVER SNEAKERS Shira WEST STUDIO		
11 – 11:45 AM SILVER SNEAKERS Jim WEST STUDIO	10:45 – 11:45 AM GENTLE YOGA Molly EAST STUDIO	11 – NOON TAI CHI Teri EAST STUDIO	11:15 AM – NOON SILVER SNEAKERS CHAIR Bob AUDITORIUM	NOON-12:45 PM CORE STRENGTH Ronna WEST STUDIO		
	11:15 AM – NOON SILVER SNEAKERS CHAIR Bob AUDITORIUM	11 – NOON TAI CHI Teri EAST STUDIO				
					Questions? Email Jory: joryh@minnesotajcc.org	

