Health & Wellness

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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 Chris GROUP COACHING STUDI O	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 Chris GROUP COACHING STUDIO	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? E joryh@minnes	

Health & Wellness

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30 PM VINYASA YOGA Rene EAST STUDIO	NOON – 12:30 PM POUND EXPRESS Diana WEST STUDIO	5:30 – 6:45 PM ENERGY YOGA & TAI CHI Yelena EAST STUDIO	12:30 – 1:30 PM FELDENKRAIS Krista & Jeffrey EAST STUDIO			
7:30– 8:30 PM KRAV MAGA ADULTS Darrin WEST STUDIO \$\$ 4-4:45 PM POUND Leah WEST STUDIO NEW!!	GENTLE YOGA Ronna	7 - 8 PM AIKIDO Vasili EAST STUDIO	5:15 – 6 PM FIT FLOW Russell EAST STUDIO			
		6 – 7 PM LIFT N PUMP Laurie WEST STUDIO				
	5 - 5:50 PM XABEAT LaChel WEST STUDIO 6 - 7 PM LIFT N PUMP Laurie WEST STUDIO					