	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
lealth & Vellness	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
Rabes Center Minneapolis	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 NEW !!	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
	10 – 11 AM GENTLE YOGA FLOW 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			
		11:15 AM – NOON SILVER SNEAKERS CHAIR Bob AUDITORIUM	11 – NOON TAI CHI Teri EAST STUDIO				
J						Questions? Email Jordan: jordanh@minnesotajcc.org	

F M

G

			THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 – 6:15 PM CYCLE EXPRESS Donna WEST STUDIO	NOON – 12:30 PM POUND EXPRESS Diana WEST STUDIO	5:30 – 6:45 PM ENERGY YOGA & TAI CHI Yelena	12:30 – 1:30 PM FELDENKRAIS Krista & Jeffrey EAST STUDIO			4 – 5:15 PM ENERGY YOGA & TAI CHI Yelena
WESTSTODIO		EAST STUDIO				EAST STUDIO
5:30-6:30 PM VINYASA YOGA Rene EAST STUDIO	4 – 5 PM GENTLE YOGA Ronna EAST STUDIO	7 - 8 PM AIKIDO Vasili EAST STUDIO	5 – 5:45 PM CYCLE EXPRESS Naomi WEST STUDIO			
7:30– 8:30 PM KRAV MAGA ADULTS Darrin WEST STUDIO \$\$	5 - 5:50 PM XABEAT LaChel WEST STUDIO		5:15 – 6 PM FIT FLOW Russell EAST STUDIO			
	6 – 7 PM LIFT N PUMP Laurie WEST STUDIO		6 – 7 PM LIFT N PUMP Laurie WEST STUDIO			
	Donna WEST STUDIO 5:30-6:30 PM VINYASA YOGA Rene EAST STUDIO 7:30– 8:30 PM KRAV MAGA ADULTS Darrin WEST STUDIO	CYCLE EXPRESS Donna WEST STUDIODiana WEST STUDIO5:30-6:30 PM VINYASA YOGA Rene EAST STUDIO4 - 5 PM GENTLE YOGA Ronna EAST STUDIO7:30- 8:30 PM KRAV Darrin Darrin WEST STUDIO5 - 5:50 PM XABEAT LaChel WEST STUDIO7:30- 8:30 PM KRAV Darrin WEST STUDIO \$\$6 - 7 PM LIFT N PUMP Laurie	CYCLE EXPRESS Donna WEST STUDIODiana WEST STUDIOTAI CHI Yelena EAST STUDIO5:30-6:30 PM VINYASA YOGA Rene EAST STUDIO4 - 5 PM GENTLE YOGA Ronna EAST STUDIO7 - 8 PM AIKIDO Vasili EAST STUDIO7:30- 8:30 PM KRAV Darrin WEST STUDIO5 - 5:50 PM XABEAT LaChel WEST STUDIO5 - 5:50 PM XABEAT LaChel WEST STUDIO6 - 7 PM Liff N PUMP Laurie6 - 7 PM Laurie6 - 7 PM Laurie	CYCLE EXPRESS Donna WEST STUDIODiana WEST STUDIOTAI CHI Yelena EAST STUDIOFELDENKRAIS Krista & Jeffrey EAST STUDIO5:30-6:30 PM VINYASA YOGA Rene EAST STUDIO4 - 5 PM GENTLE YOGA Ronna EAST STUDIO7 - 8 PM AIKIDO Vasili 	CYCLE EXPRESS Donna WEST STUDIODiana WEST STUDIOTAI CHI Yelena EAST STUDIOFELDENKRAIS Krista & Jeffrey EAST STUDIO5:30-6:30 PM VINYASA YOGA Rene EAST STUDIO4 – 5 PM GENTLE YOGA Ronna EAST STUDIO7 - 8 PM AIKIDO Vasili EAST STUDIO5 – 5:45 PM CYCLE EXPRESS Naomi WEST STUDIO7:30- 8:30 PM KRAV MAGA ADULTS Darrin WEST STUDIO5 - 5:50 PM XABEAT LaChel WEST STUDIO5 - 5:50 PM XABEAT LaChel WEST STUDIO6 - 7 PM Lift N PUMP Laurie6 - 7 PM Liff N PUMP Laurie6 - 7 PM Laurie	CYCLE EXPRESS Donna WEST STUDIODiana TAI CHI Yelena EAST STUDIOTAI CHI Yelena EAST STUDIOFELDENKRAIS Krista & Jeffrey EAST STUDIO5:30-6:30 PM VINYASA YOGA Rene EAST STUDIO4 - 5 PM GENTLE YOGA Ronna EAST STUDIO7 - 8 PM AIKIDO Vasili EAST STUDIO5 - 5:45 PM CYCLE EXPRESS Naomi WEST STUDIO7:30- 8:30 PM KRAV MAGA ADULTS Darrin WEST STUDIO5 - 5:50 PM XABEAT LaChel WEST STUDIO5 - 5:50 PM XABEAT LaChel WEST STUDIO5 - 5:50 PM S:15 - 6 PM FIT FLOW Russell EAST STUDIO6 - 7 PM Laurie6 - 7 PM Laurie6 - 7 PM Laurie6 - 7 PM Laurie

F W