## 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<br>WATER AEROBICS<br>Shelli<br>INDOOR POOL             | 8:30 – 9:15 AM WATER AEROBICS Bob INDOOR POOL      | 9 – 9:50 AM<br>CYCLE EXPRESS<br>Donna<br>WEST STUDIO | 10:30 – 11:30 AM<br><b>LIFT N PUMP</b><br>Laurie<br><b>WEST STUDIO</b> |
| 8:30 – 9:15 AM<br>HIIT + STRENGTH<br>Russell<br>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<br>CYCLE EXPRESS<br>Julie<br>WEST STUDIO               | 8:30 – 9:30 AM  POWER VINYASA  Jody  EAST STUDIO   | 10 – 10:50 AM  XABEAT  LaChel  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 | 11 AM – NOON<br>YOGA<br>Deborah U<br>EAST 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 | 10:45 – 11:45 AM<br><b>GENTLE YOGA</b><br>Molly<br><b>EAST STUDIO</b> | 11 – NOON  DEEP STRETCHING  Nasha  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<br>FOREVER FIT<br>Jim<br>WEST STUDIO             | 11:15 AM – NOON SILVER SNEAKERS CHAIR Bob AUDITORIUM                  | 11 – 11:45 AM SILVER SNEAKERS Shira WEST STUDIO    |  |  |
| 11 – 11:45 AM SILVER SNEAKERS Jim WEST STUDIO               | 10:45 – 11:45 AM<br>GENTLE YOGA<br>Molly<br>EAST STUDIO | 11 – NOON<br>TAI CHI<br>Teri<br>EAST STUDIO                    |   | NOON-12:45 PM CORE STRENGTH Ronna WEST STUDIO      |  |  |
|   | 11:15 AM – NOON SILVER SNEAKERS CHAIR Bob AUDITORIUM    | 11 – NOON<br>TAI CHI<br>Teri<br>EAST STUDIO                    |   |  |  |  |
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|   |   |  |   |  | Questions? Email Jory:<br>joryh@minnesotajcc.org     |  |

Health & Wellness

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