



GROUP EX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9:45 AM ALIGNMENT YOGA Debbie C	9 – 9:45 AM TAI CHI Colin	9:30 – 10:10 AM BALANCE & MOBILITY Chris	9 – 9:45 AM TAI CHI Colin	8:30 – 9:45 AM ALIGNMENT YOGA Debbie C	11 AM – NOON INTERMEDIATE YOGA Deborah U <i>Hybrid: Onsite & Virtual</i>	11 AM – NOON INTERMEDIATE YOGA Deborah U <i>Hybrid: Onsite & Virtual</i>
10 – 10:40 AM BALANCE & MOBILITY Chris	9 :30– 10:15 AM FULL BODY STRENGTH Julie <i>Hybrid: Onsite & Virtual</i>		9 :30– 10:15 AM FULL BODY STRENGTH Julie <i>Hybrid: Onsite & Virtual</i>	9:30 – 10:15 AM FOREVER FIT + Jim O		
11 – 11:45 AM SILVER SNEAKERS Mike D	10 – 10:45 AM CHAIR YOGA Lori B		10 – 10:45 AM CHAIR YOGA Lori B	11 – 11:45 PM SILVER SNEAKERS Mike D		
	4:00 – 5:00 PM GENTLE YOGA Ronna <i>Hybrid: Onsite & Virtual</i>		6 – 7 PM LIFT N PUMP Laurie E <i>Hybrid: Onsite & Virtual</i>			
	6 – 7 PM LIFT N PUMP Laurie E <i>Hybrid: Onsite & Virtual</i>					

Registration is required for Virtual Group Exercise Classes. Register here:

<https://minnesotajcc.org/fitness-club/capp-center-st-paul/classes/capp-fitness-virtual-health-wellness-scheduler/>

