



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9:15 AM WATER AEROBICS Bob OUTDOOR POOL	8:30 – 9:15 AM WATER AEROBICS Pat OUTDOOR POOL	8:30 – 9:15 AM WATER AEROBICS Pat OUTDOOR POOL	8:30 – 9:15 AM WATER AEROBICS Shelli OUTDOOR POOL	8:30 – 9:15 AM WATER AEROBICS Bob OUTDOOR POOL	8:45 – 9:30 AM WATER AEROBICS Alex 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 + BARRE FUSION Linda R 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	8:30 – 9:15 AM BARRE Jordan EAST 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 S EAST STUDIO	9:30– 10:10 AM CHAIR STRETCH GROUP COACHING SPACE Chris	9:30 – 10:15 AM FULL BODY STRENGTH Julie WEST STUDIO	11 – 11:45 AM SILVER SNEAKERS Shira WEST STUDIO	11 AM – NOON YOGA Deborah U EAST STUDIO	
10 – 10:45 AM CHAIR STRETCH GROUP COACHING SPACE Chris	9:30 – 10:15 AM FULL BODY STRENGTH Julie WEST STUDIO	10 – 10:45 AM FOREVER FIT Jim WEST STUDIO	9:30 – 10:20 AM MAT PILATES Linda R EAST STUDIO	NOON-12:45 PM CORE STRENGTH Ronna 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	10:45 – 11:45 AM GENTLE YOGA Molly EAST STUDIO			
	11:15 AM – NOON SILVER SNEAKERS CHAIR Bob AUDITORIUM		11:15 AM – NOON SILVER SNEAKERS CHAIR Bob AUDITORIUM			
					Questions? Email Jordan: jordanh@minnesotajcc.org	

