	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Health & Wellness	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
Minnesota JCC Sabes 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 + 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 Chris GROUP COACHING SPACE	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 Chris GROUP COACHING SPACE	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	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Health & Wellness GROUP EX	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			
		4 – 5 PM GENTLE YOGA Ronna EAST STUDIO	5:30 - 5:15 PM * CYCLE EXPRESS Naomi WEST STUDIO Beginning October	5-5:45 PM POUND Leah WEST STUDIO			
		5 - 5:50 PM XABEAT LaChel WEST STUDIO	7 - 8 PM AIKIDO Vasili EAST STUDIO	6 – 7 PM LIFT N PUMP Laurie WEST STUDIO			
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