

Health & Wellness

GROUP EX

Minnesota JCC  
Capp Center St. Paul



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45– 6:30 AM <b>YOGA &amp; PILATES FUSION</b> Kim / STUDIO 2 <b>NEW !!</b>	5:45 – 6:30 AM <b>BODYPUMP EXPRESS</b> Sue / STUDIO 1	5:45 – 6:30 AM <b>POUND</b> Kim / STUDIO 1	5:45 – 6:30 AM <b>BODYPUMP EXPRESS</b> Kim / STUDIO 1	5:45 – 6:30 AM <b>STEP AEROBICS</b> Sue / STUDIO 1	8 – 9 AM <b>CYCLE</b> James L / STUDIO 4	9 – 9:45 AM <b>ZUMBA®</b> Giovanna / STUDIO 1
8 – 8:50 AM <b>YIN YOGA &amp; MEDITATION</b> Nasha / STUDIO 2	6 – 6:45 AM <b>WATER AEROBICS</b> Christina / REC POOL	8 – 8:45 AM <b>ZUMBA®</b> Giovanna / STUDIO 1	5:45 – 6:30 AM <b>CYCLE EXPRESS</b> Dave / STUDIO 4	8 – 8:50 AM <b>YIN YOGA &amp; MEDITATION</b> Claire / STUDIO 2	9 – 10 AM <b>ASHTANGA YOGA</b> Jan / STUDIO 2	9:30 – 10:30 AM <b>YOGA</b> Jim K / STUDIO 2
8 – 8:45 AM <b>FOREVER FIT</b> Rotating / STUDIO 1	8 – 8:45 AM <b>FOREVER FIT</b> Nasha / STUDIO 1	8 – 8:45 AM <b>FOREVER FIT YOGA</b> Paula / STUDIO 2	8 – 8:45 AM <b>FOREVER FIT</b> Sue / STUDIO 1	8 – 8:45 AM <b>FOREVER FIT</b> Diana / STUDIO 1	9:30 – 10:30 AM <b>ZUMBA®</b> Deanne / STUDIO 1	10 – 10:45 AM <b>AQUA ZUMBA®</b> Giovanna / LAP POOL
9 – 9:45 AM <b>CARDIO DANCE + SCULPT</b> Nasha / STUDIO 1	9 – 10 AM <b>ALIGNMENT YOGA</b> Sara A / STUDIO 2	9 – 9:50 AM <b>MAT PILATES</b> Ronna / STUDIO 2	9 – 10 AM <b>VINYASA YOGA</b> Ellen / STUDIO 2	9 – 10 AM <b>BARRE</b> Jordan / STUDIO 2	10:15 – 11:15 AM <b>BARRE</b> Kathi / STUDIO 2	10 – 11 AM <b>BODYPUMP</b> Rotating Instructor STUDIO 1
9:45 – 10:30 AM <b>SILVER SNEAKERS™ CLASSIC</b> Mike D / MULTI-PURP. A	9 – 10 AM <b>STRENGTH CIRCUITS</b> Nasha / STUDIO 1	9 – 9:45 AM <b>H.I.I.T.</b> Rachel / STUDIO 1	9 – 10 AM <b>STRENGTH CIRCUITS</b> Nasha / STUDIO 1	9:45 – 10:30 AM <b>SILVER SNEAKERS® CLASSIC</b> Mike D / MULTI-PURP. A		11 – 11:45 AM <b>CYCLE EXPRESS</b> Diana / STUDIO 4
10 – 10:45 AM <b>WATER AEROBICS</b> Lori / LAP POOL	10:30 – 11:15 AM <b>CHAIR YOGA</b> Ellen <b>WAR VETS ROOM</b>	9:45 – 10:30 AM <b>SILVER SNEAKERS™ CLASSIC</b> Mike D / MULTI-PURP. A	10:30 – 11:15 AM <b>CHAIR YOGA</b> Ellen <b>WAR VETS ROOM</b>	10 – 10:45 AM <b>WATER AEROBICS</b> Mike L / LAP POOL		
		10 – 10:45 AM <b>AQUA ZUMBA®</b> Giovanna / LAP POOL		10 – 11 AM <b>OULA DANCE</b> Ella / STUDIO 1		
		10 – 10:45 AM <b>BARRE</b> Debi / STUDIO 2		10:30 – 11:30 AM <b>FELDENKRAIS</b> Maggie / STUDIO 2		
					<b>FITNESS CENTER HOURS</b> MONDAY–THURSDAY • 5:30 AM–10 PM FRIDAY • 5:30 AM – 6 PM SATURDAY & SUNDAY • 7 AM – 6 PM	
					<b>QUESTIONS?</b> Contact Jordan at <a href="mailto:jordanh@minnesotajcc.org">jordanh@minnesotajcc.org</a>  <i>\$\$ Fee Based Class: Registration Required</i>	



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOON – 1 PM <b>YOGA</b> Lori / STUDIO 2	NOON – 12:50 PM <b>MAT PILATES FOUNDATIONS</b> Libby / STUDIO 2	NOON – 1 PM <b>VINYASA YOGA</b> Jacqui / STUDIO 2	NOON – 1 PM <b>VINYASA YOGA</b> Paula / STUDIO 2	NOON – 12:50 PM <b>MAT PILATES STRETCH &amp; STRENGTH</b> Libby / STUDIO 2		4:30 – 5:30 PM <b>YIN YOGA &amp; MEDITATION</b> Lisa / STUDIO 2
NOON – 12:45 PM <b>POWER STRENGTH</b> Debi / STUDIO 1	NOON – 12:30 PM <b>CARDIO EXPRESS</b> 12:30 – 1 PM <b>CORE EXPRESS</b> Debi / STUDIO 1 <b>NEW !!</b>	NOON – 12:45 PM <b>POWER STRENGTH</b> Debi / STUDIO 1	NOON – 12:30 PM <b>CARDIO EXPRESS</b> 12:30 – 1 PM <b>CORE EXPRESS</b> Debi / STUDIO 1 <b>NEW !!</b>	4:45 – 5:30 PM <b>CYCLE EXPRESS</b> Lauren P / Studio 4		
4:45 – 5:30 PM <b>WATER AEROBICS</b> Alex / LAP POOL	1:15 – 2 PM <b>AQUA FOR ARTHRITIS</b> Bob / REC POOL	4:30 – 5:20 PM <b>POWER VINYASA</b> Ginny / STUDIO 2 <b>NEW !!</b>	4:30 – 5:20 PM <b>ADVANCED MAT PILATES</b> Mariusz / STUDIO 2			
5 – 5:50 PM <b>BALLET FOR ALL</b> Jess / STUDIO 2	2:45 – 3:30 PM <b>SILVER SNEAKERS CHAIR EXERCISE</b> Bob / MULT.-PURP. A	5 – 6 PM <b>CYCLE</b> Mike D / STUDIO 4	5 – 5:50 PM <b>STRENGTH &amp; CARDIO</b> Sue / STUDIO 1			
5 – 6 PM <b>CYCLE</b> Mike D / Studio 4	4:30 – 5:20 PM <b>YOGA FOR BONE HEALTH</b> Ellen / STUDIO 2	5:30 – 6:20 PM <b>ZUMBA®</b> Drina / STUDIO 1	5:30 – 6:30 PM <b>RESTORATIVE YOGA</b> Lisa / STUDIO 2			
5:30 – 6:20 PM <b>OULA DANCE</b> Leah / STUDIO 1	5 – 5:50 PM <b>STRENGTH &amp; CARDIO</b> Jim O / STUDIO 1	5:30 – 6:20 PM <b>BARRE</b> Elizabeth / STUDIO 2	6 – 6:50 PM <b>STEP / STEP + SCULPT</b> Rotating / STUDIO 1 <b>NEW !!</b>			
6 – 7 PM <b>VINYASA YOGA</b> Jeannie / STUDIO 2	5:30 – 6:30 PM <b>YOGA</b> Ellen / STUDIO 2	6:30 – 7:30 PM <b>BODYPUMP</b> Sandra / STUDIO 1	6:45 – 7:35 PM <b>BEGINNER BALLET FOR ALL</b> Jess / STUDIO 2 <b>NEW !!</b>			
6:30 – 7:30 PM <b>BODYPUMP</b> Bridget / STUDIO 1	6 – 6:50 PM <b>POUND</b> Jeni / STUDIO 1	6:30 – 7:30 PM <b>GENTLE YOGA</b> Emily A / STUDIO 2 <b>Beginning October 16</b>	7 – 7:45 PM <b>WATER AEROBICS</b> Christina / LAP POOL			
	6-7 PM <b>CYCLE</b> James L / Studio 4					

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FRIDAY • 5:30 AM – 6 PM  
SATURDAY & SUNDAY • 7 AM – 6 PM

**QUESTIONS?**  
Contact Jordan at  
[jordanh@minnesotajcc.org](mailto:jordanh@minnesotajcc.org)