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 WATER AEROBICS Shelli INDOOR POOL	8:30 – 9:15 AM WATER AEROBICS Bob INDOOR 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 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 – 11:45 AM SILVER SNEAKERS Jim WEST STUDIO	11:15 AM – NOON SILVER SNEAKERS CHAIR Bob AUDITORIUM			
					Questions? Email Jordan: jordanh@minnesotajcc.org	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30 PM VINYASA YOGA Rene EAST STUDIO	*NOON – 12:30 PM POUND EXPRESS Diana WEST STUDIO *NO CLASS until January	5:30 – 6:45 PM ENERGY YOGA & TAI CHI Yelena EAST STUDIO	12:30 – 1:30 PM FELDENKRAIS Krista & Jeffrey EAST STUDIO		SATOROAT	SCHOAT
5:30 - 6:15 PM CYCLE EXPRESS Donna WEST STUDIO	4 – 5 PM GENTLE YOGA Ronna EAST STUDIO	5:30 - 6:15 PM CYCLE EXPRESS Naomi WEST STUDIO	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			
	5:15 – 6:45 PM INTRO TO BALLET Kaethe EAST STUDIO Registration Required					
	6 – 7 PM LIFT N PUMP Laurie WEST STUDIO					