

WINTER GROUP EXERCISE SCHEDULE

CHRISTMAS EVE (12/24)

CAPP CENTER

6–6:45 AM • Water Aerobics • Christina N
9–9:45 AM • Barre • Sarah S
10–10:45 AM • Bodypump Express • Sarah S
NOON–1:30 PM • Ashtanga Yoga +
Meditation • Jan

SABES CENTER

8:30–9:15 AM • Cycle • Naomi
8:30–9:15 AM • Water Aerobics • Alex E
9:30–10:30 AM • Mat Pilates • Linda S

CHRISTMAS DAY (12/25)

CAPP CENTER

9–9:45 AM • Cardio/Strength Bootcamp • Jordan H
10–10:45 AM • Barre • Jordan H

SABES CENTER

8:30–9:15 AM • Water Aerobics • Alex E
9:30–10:30 AM • Mat Pilates • Linda S

NEW YEAR'S EVE (12/31)

CAPP CENTER

6–6:45 AM • Water Aerobics • Christina N
9–10 AM • Alignment Yoga • Sara A
9–9:45 AM • Step + Sculpt • Sarah S
10–10:45 AM • Bodypump Express • Sarah S
10:30–11:30 AM • Vinyasa Flow Yoga • Sam P
NOON–12:50 PM • Mat Pilates • Libby G

SABES CENTER

8:30–9:15 AM • Water Aerobics • Pat F
8:30–9:15 AM • Cycle • Julie S
9:30–10:15 AM • Full Body Strength • Julie S
10–11 AM • Mat Pilates • Linda S

NEW YEAR'S DAY (1/1)

CAPP CENTER

9–10 AM • Alignment Yoga • Sara A
9:30–10:15 AM • Oula Dance • Debi K
9:45–10:45 AM • Silver Sneakers • Mike D
10:30–11:15 AM • Power Strength • Debi K
10:30–11:30 AM • Yin Yoga & Meditation • Sam P

SABES CENTER

11–12:15 AM • Jivamuki + Intention Setting
Meditation • Victoria B



Scan here or visit minnesotajcc.org to view the full list of holiday building hours.

