



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOON – 12:50 PM HATHA YOGA Daniel / STUDIO 2	NOON – 12:50 PM MAT PILATES FOUNDATIONS Libby / STUDIO 2	NOON – 1 PM VINYASA FLOW YOGA Jacqui / STUDIO 2	NOON – 1 PM VINYASA FLOW YOGA Paula / STUDIO 2	NOON – 12:50 PM MAT PILATES STRETCH & STRENGTH Libby / STUDIO 2		3:30 – 4:20 PM LaBLAST® Jess / STUDIO 1 <i>Jan 5 – Feb 23</i>
NOON – 12:45 PM POWER STRENGTH Debi / STUDIO 1	NOON – 12:30 PM HIIT EXPRESS 12:30 – 1 PM CORE EXPRESS Debi / STUDIO 1	NOON – 12:45 PM POWER STRENGTH Debi / STUDIO 1	NOON – 12:30 PM HIIT EXPRESS 12:30 – 1 PM CORE EXPRESS Debi / STUDIO 1	4 – 4:45 PM FUNCTIONAL STRENGTH BUILDER Kevin L / STUDIO 1 <i>Beginning Feb 21st</i>		4:30 – 5:30 PM YIN YOGA & MEDITATION Lisa T / STUDIO 2
4:45 – 5:30 PM AQUA ZUMBA® Eli / LAP POOL	1:15 – 2 PM AQUA FOR ARTHRITIS Bob / REC POOL	4:30 – 5:20 PM VINYASA FLOW YOGA - MODERATE Ginny / STUDIO 2	4:30 – 5:20 PM MAT PILATES FUNDAMENTALS Mariusz / STUDIO 2	4:45 – 5:30 PM CYCLE EXPRESS Lauren P / Studio 4		
5 – 5:50 PM BALLET FOR ALL Jess / STUDIO 2	2:45 – 3:30 PM SILVER SNEAKERS CHAIR EXERCISE Bob / MULT.-PURP. A	5 – 6 PM CYCLE Mike D / STUDIO 4	5 – 5:50 PM STRENGTH & CARDIO Sue / STUDIO 1			
5 – 6 PM CYCLE Mike D / Studio 4	4:30 – 5:20 PM YOGA FOR BONE HEALTH Ellen / STUDIO 2	5:30 – 6:20 PM ZUMBA® Drina / STUDIO 1	5:30 – 6:30 PM RESTORATIVE YOGA Lisa T / STUDIO 2			
5:30 – 6:20 PM OULA DANCE Leah / STUDIO 1	5 – 5:50 PM STRENGTH & CARDIO Sarah S / STUDIO 1	5:30 – 6:20 PM BARRE Elizabeth / STUDIO 2	6 – 6:50 PM STEP AEROBICS / STEP + SCULPT Drina & Sarah S / STUDIO 1			
6 – 7 PM VINYASA FLOW YOGA Jeannie / STUDIO 2	5:30 – 6:30 PM KRIPALU YOGA - MODERATE Ellen / STUDIO 2	6:30 – 7:30 PM BODYPUMP Sandra / STUDIO 1	7 – 7:45 PM WATER AEROBICS Christina / LAP POOL			
6:30 – 7:30 PM BODYPUMP Bridget / STUDIO 1	6 – 6:50 PM POUND Jeni / STUDIO 1	6:30 – 7:30 PM GENTLE YOGA Emily A / STUDIO 2				
	6 – 7 PM CYCLE James L / Studio 4					
						<p>QUESTIONS? Contact Jordan at jordanh@minnesotajcc.org <i>\$\$ Fee Based Class: Registration Required</i></p>