

Health & Wellness

GROUP EX

February 2025

Minnesota JCC
Sabes Center Minneapolis



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9:15 AM WATER AEROBICS Bob INDOOR POOL	6 – 6:45 AM LIFT N PUMP Kim WEST STUDIO <i>NEW !!</i>	8:30 – 9:15 AM WATER AEROBICS Pat INDOOR POOL	8:30 – 9:15 AM WATER AEROBICS Shellie 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	8:30 – 9:15 AM WATER AEROBICS Pat INDOOR POOL	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 YOGA Jody EAST STUDIO	9 – 9:50 AM CYCLE EXPRESS Donna WEST STUDIO	11 AM – NOON ALIGN & FLOW YOGA Deborah U EAST STUDIO
9:30 – 10:30 AM POWER VINYASA YOGA 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 H 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 ALIGN & FLOW 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			
			11:45 – 12:15 CORE STRENGTH EXPRESS Jordan H WEST STUDIO			
					Questions? Email Jordan: jordanh@minnesotajcc.org	



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30 PM VINYASA YOGA Rene EAST STUDIO	4 – 5 PM GENTLE YOGA Ronna EAST STUDIO	5:30 – 6:30 PM BRAIN & BODY YOGA Yelena EAST STUDIO	12:30 – 1:30 PM FELDENKRAIS Krista & Jeffrey EAST STUDIO			
5:30 - 6:15 PM CYCLE EXPRESS Donna WEST STUDIO	5 - 5:50 PM XABEAT DANCE LaChel WEST STUDIO	5:30 - 6:15 PM CYCLE EXPRESS Naomi WEST STUDIO	4 – 5 PM GENTLE YOGA Sam EAST STUDIO <i>NEW !!</i>			
	5:15 – 6:45 PM Ballet for Adults Kaethe EAST STUDIO \$\$ Jan 14 – Apr 8	7 - 8 PM AIKIDO Vasili EAST STUDIO	5-5:45 PM POUND Leah WEST STUDIO			
	6 – 7 PM LIFT N PUMP Laurie WEST STUDIO		5:15 – 6:15 PM VINYASA FLOW YOGA Sam EAST STUDIO <i>NEW !!</i>			
			6 – 7 PM LIFT N PUMP Laurie WEST STUDIO			
					\$\$ Fee Based Class: Registration Required	