



MEMORIAL DAY GROUP EXERCISE SCHEDULE

CAPP CENTER ST. PAUL

9 AM - Zumba with Giovanna in Studio 1

9:30 AM - Yoga with Lisa in Studio 1

9:45 AM - Silver Sneakers with Mike D in Multi-Purpose A

10 AM - Aqua Zumba with Giovanna in the Lap Pool

10 AM - Bodypump with Sarah S in Studio 1

11 AM - Tai Chi with Ann in Studio 2

SABES CENTER MINNEAPOLIS

8:30 AM - Vinyasa Yoga with Rene in East Studio

8:30 AM - Aqua Zumba with James in Outdoor Pool

10 AM - Mat Pilates with Linda in East Studio

