



# GROUP EXERCISE SCHEDULE FOURTH OF JULY 2025

## CAPP CENTER ST. PAUL

- 8:30 AM • BodyPump with Naoko in Studio 1
- 8:30 AM • Kripalu Yoga with Ellen in Studio 2
- 9 AM • Zumba with Cindy in the Auditorium
- 10 AM • Ashtanga Yoga + Pilates with Jan J in Studio 2
- 10 AM • Step Aerobics with Kateryna in Studio 1
- 10 AM • Water Aerobics with Alex E at the pool

## SABES CENTER MINNEAPOLIS

- 8:30 AM • Water Aerobics with Bob at the Outdoor Pool
- 9 AM • Vinyasa Yoga with Rene in the East Studio
- 9:45 AM • Cardio Dance with Shira in the West Studio
- 11 AM • Silver Sneakers with Shira in the West Studio

## VIRTUAL

- 8:30 AM • Alignment Yoga with Debbie C on ZOOM
- 9:30 AM • Forever Fit with Paula on ZOOM