

Health & Wellness

GROUP EX

June 2025

Minnesota JCC  
Sabes Center Minneapolis



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9:15 AM <b>WATER AEROBICS</b> Bob <b>INDOOR POOL</b>	6:10 – 7 AM <b>LIFT N PUMP</b> Kim <b>WEST STUDIO</b>	8:30 – 9:15 AM <b>WATER AEROBICS</b> Pat <b>INDOOR POOL</b>	8:30 – 9:15 AM <b>WATER AEROBICS</b> Shelli <b>INDOOR POOL</b>	8:30 – 9:15 AM <b>WATER AEROBICS</b> Bob <b>INDOOR POOL</b>	8:45 – 9:30 AM <b>WATER AEROBICS</b> Alex <b>INDOOR POOL</b>	10:30 – 11:30 AM <b>LIFT N PUMP</b> Laurie <b>WEST STUDIO</b>
8:30 – 9:15 AM <b>HIIT + STRENGTH</b> Russell <b>WEST STUDIO</b>	8:30 – 9:15 AM <b>WATER AEROBICS</b> Pat <b>INDOOR POOL</b>	8:30 – 9:20 AM <b>PILATES + BARRE FUSION</b> Linda R <b>EAST STUDIO</b>	8:30 – 9:15 AM <b>CYCLE EXPRESS</b> Julie <b>WEST STUDIO</b>	8:30 – 9:30 AM <b>POWER VINYASA YOGA</b> Jody <b>EAST STUDIO</b>	9 – 9:50 AM <b>CYCLE EXPRESS</b> Donna <b>WEST STUDIO</b>	11 AM – NOON <b>ALIGN &amp; FLOW YOGA</b> Deborah U <b>EAST STUDIO</b>
9:30 – 10:30 AM <b>POWER VINYASA YOGA</b> Jacqui <b>EAST STUDIO</b>	8:30 – 9:15 AM <b>CYCLE EXPRESS</b> Julie <b>WEST STUDIO</b>	9:30 – 10:45 AM <b>ALIGNMENT YOGA</b> Debbie C <b>EAST STUDIO</b>	8:30 – 9:15 AM <b>BARRE</b> Jordan H <b>EAST STUDIO</b>	9:45 – 10:45 AM <b>CARDIO DANCE!</b> Shira <b>WEST STUDIO</b>	10 – 10:50 AM <b>XABEAT</b> LaChel <b>WEST STUDIO</b>	
10 – 10:45 AM <b>FOREVER FIT</b> Bob <b>WEST STUDIO</b>	9:30 – 10:30 AM <b>MAT PILATES</b> Linda S <b>EAST STUDIO</b>	9:30 – 10:10 AM <b>CHAIR STRETCH</b> Chris <b>GROUP COACHING SPACE</b>	9:30 – 10:15 AM <b>FULL BODY STRENGTH</b> Julie <b>WEST STUDIO</b>	11 – 11:45 AM <b>SILVER SNEAKERS</b> Shira <b>WEST STUDIO</b>	11 AM – NOON <b>ALIGN &amp; FLOW YOGA</b> Deborah U <b>EAST STUDIO</b>	
10 – 10:45 AM <b>CHAIR STRETCH</b> Chris <b>GROUP COACHING SPACE</b>	9:30 – 10:15 AM <b>FULL BODY STRENGTH</b> Julie <b>WEST STUDIO</b>	10 – 10:45 AM <b>ZUMBA + STRENGTH</b> Darryl <b>WEST STUDIO</b>	9:30 – 10:20 AM <b>MAT PILATES</b> Linda R <b>EAST STUDIO</b>	NOON-12:45 PM <b>CORE STRENGTH</b> Ronna <b>WEST STUDIO</b>		
11 – 11:45 AM <b>SILVER SNEAKERS</b> Jacqui <b>WEST STUDIO</b>	10:45 – 11:45 AM <b>GENTLE YOGA</b> Molly <b>EAST STUDIO</b>	11 – NOON <b>TAI CHI</b> Teri <b>EAST STUDIO</b>	10:45 – 11:45 AM <b>GENTLE YOGA</b> Molly <b>EAST STUDIO</b>			
	11:15 AM – NOON <b>SILVER SNEAKERS CHAIR</b> Bob <b>AUDITORIUM</b>		11:15 AM – NOON <b>SILVER SNEAKERS CHAIR</b> Bob <b>AUDITORIUM</b>		Questions? Email Jordan: jordanh@minnesotajcc.org	
			11:45 – 12:15 <b>BIKE + STRENGTH</b> Jordan H <b>WEST STUDIO</b>			

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30 PM <b>VINYASA YOGA</b> Rene <b>EAST STUDIO</b>	4 – 5 PM <b>GENTLE YOGA</b> Ronna <b>EAST STUDIO</b>	*5 – 6 PM <b>BRAIN &amp; BODY YOGA</b> Yelena <b>EAST STUDIO</b> <i>New Time!</i>	12:30 – 1:30 PM <b>FELDENKRAIS</b> Jeffrey <b>EAST STUDIO</b> <i>On Summer Break July &amp; August</i>			
	5 - 5:50 PM <b>XABEAT DANCE</b> LaChel <b>WEST STUDIO</b>	7 - 8 PM <b>AIKIDO</b> Vasili <b>EAST STUDIO</b>	4 – 5 PM <b>GENTLE YOGA</b> Kim <b>EAST STUDIO</b>			
	6 – 7 PM <b>LIFT N PUMP</b> Laurie <b>WEST STUDIO</b>		5:15 – 6:15 PM <b>VINYASA FLOW YOGA</b> Kim <b>EAST STUDIO</b>			
			6 – 7 PM <b>LIFT N PUMP</b> Laurie <b>WEST STUDIO</b>			
					<b>\$\$ Fee Based Class: Registration Required</b>	