

GROUP EXERCISE SCHEDULE

*LABOR DAY
2025*



CAPP CENTER ST. PAUL

8:30 AM • Bodyump with Bridget in Studio 1

9:30 AM • Zumba with Drina in the Auditorium

10AM • Ashtanga + Mat Pilates with Jan in Studio 2

10 AM • Water Aero with Alex in the Lap Pool

SABES CENTER MINNEAPOLIS

8:30 AM • Water Aerobics with Bob H in the Outdoor Pool

9 AM • Cycle + Core with Naomi in the West Studio

9:30 AM • Mat Pilates with Linda S in the East Studio

VIRTUAL

8:30 AM • Alignment Yoga with Debbie C on Zoom

