

Health & Wellness

GROUP EX

September
2025

Minnesota JCC
Capp Center St. Paul



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45– 6:30 AM YOGA & PILATES FUSION Kim / STUDIO 2	5:45 – 6:30 AM BODYPUMP EXPRESS Sue / STUDIO 1	5:45 – 6:30 AM POUND UNPLUGGED Kim / STUDIO 1	5:45 – 6:30 AM BODYPUMP EXPRESS Kim / STUDIO 1	5:45 – 6:30 AM STEP AEROBICS Sue / STUDIO 1	8 – 9 AM CYCLE James L / STUDIO 4	8:30 – 9:20 AM BARRE Jordan H & Sarah S STUDIO 2
7:30 – 8:30 AM YIN YOGA & MEDITATION Kim / STUDIO 2	6 – 6:45 AM WATER AEROBICS Christina / REC POOL	8 – 8:50 AM FOREVER FIT YOGA Paula / STUDIO 2	5:45 – 6:30 AM CYCLE EXPRESS Dave / STUDIO 4	8 – 8:50 AM YIN YOGA & MEDITATION Claire / STUDIO 2	9 – 10 AM ASHTANGA YOGA Jan / STUDIO 2	8:45 – 9:45 AM ZUMBA® Giovanna / STUDIO 1
8 – 8:45 AM FOREVER FIT Jourdan M/ STUDIO 1	6:45– 7:30 AM MORNING YOGA EXPRESS Ginny / STUDIO 2	9 – 9:50 AM MAT PILATES Emma / STUDIO 2	8 – 8:45 AM FOREVER FIT Jourdan M/ STUDIO 1	8 – 8:45 AM FOREVER FIT Diana / STUDIO 1	9:30 – 10:30 AM ZUMBA® Deanne / STUDIO 1	9:30 – 10:45 AM HATHA YOGA Paula / STUDIO 2
9 – 9:45 AM CARDIO KICKBOXING Jordan H / STUDIO 1	8 – 8:45 AM FOREVER FIT Sue / STUDIO 1	9 – 9:45 AM H.I.I.T. Rachel / STUDIO 1	9 – 10 AM KRIPALU YOGA - MODERATE Ellen / STUDIO 2	9 – 10 AM BARRE Jordan H / STUDIO 2	10:15 – 11:15 AM BARRE Kathi / STUDIO 2	10 – 10:45 AM AQUA ZUMBA® Giovanna / LAP POOL
9 – 9:50 AM POP PILATES Jourdan M/ STUDIO 2	9 – 10 AM ALIGNMENT YOGA Sara A / STUDIO 2	9:45 – 10:30 AM SILVER SNEAKERS™ CLASSIC Mike D / MULTI-PURP. A	9 – 9:50 AM FULL BODY STRENGTH Kateryna / STUDIO 1	9:45 – 10:30 AM SILVER SNEAKERS® CLASSIC Mike D / MULTI- PURP. A		10 – 11 AM BODYPUMP Rotating Instructor STUDIO 1
9:45 – 10:30 AM SILVER SNEAKERS™ CLASSIC Mike D / MULTI-PURP. A	9 – 9:50 AM FULL BODY STRENGTH Kateryna / STUDIO 1	10 – 10:45 AM AQUA ZUMBA® Giovanna / LAP POOL	10 – 10:45 AM STEP AEROBICS Kateryna / STUDIO 1	10 – 10:45 AM WATER AEROBICS Mike L / LAP POOL		
10 – 10:45 AM WATER AEROBICS Jordan H / LAP POOL	10:30 – 11:15 AM CHAIR YOGA Ellen / MULTI-PURP. A	10 – 10:45 AM BARRE Debi / STUDIO 2	10:30 – 11:15 AM CHAIR YOGA Ellen / MULTI-PURP. A	10 – 11 AM OULA DANCE Ella / STUDIO 1		
10 – 10:50 AM POWER VINYASA YOGA Lisa B / STUDIO 2				10:30 – 11:30 AM FELDENKRAIS Maggie / STUDIO 2		
11 – 11:50 AM TAI CHI Ann / STUDIO 2		11 – 11:50 AM FELDENKRAIS Krista STUDIO 2			\$\$ Fee Based Class: Registration Required	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOON – 12:50 PM HATHA YOGA Daniel / STUDIO 2	NOON – 12:50 PM MAT PILATES FOUNDATIONS Libby / STUDIO 2	NOON – 1 PM VINYASA FLOW YOGA Jacqui / STUDIO 2	NOON – 1 PM VINYASA FLOW YOGA Paula / STUDIO 2	NOON – 12:50 PM MAT PILATES STRETCH & STRENGTH Libby / STUDIO 2		4:30 – 5:30 PM YIN YOGA & MEDITATION Lisa T / STUDIO 2
NOON – 12:45 PM POWER STRENGTH Debi / STUDIO 1	NOON – 12:30 PM HIIT EXPRESS 12:30 – 1 PM CORE EXPRESS Debi / STUDIO 1	NOON – 12:45 PM POWER STRENGTH Debi / STUDIO 1	NOON – 12:30 PM HIIT EXPRESS 12:30 – 1 PM CORE EXPRESS Debi / STUDIO 1	4 – 4:45 PM FUNCTIONAL STRENGTH BUILDING Kevin L / STUDIO 1		
4:45 – 5:30 PM AQUA ZUMBA® James M / LAP POOL <i>Beginning Sept 15</i>	2 – 2:45 PM* AQUA FOR ARTHRITIS + TAI CHI Ann / REC POOL <i>Please note time change</i>	4:30 – 5:20 PM VINYASA FLOW YOGA - MODERATE Ginny / STUDIO 2	4:30 – 5:20 PM MAT PILATES FUNDAMENTALS Mariusz / STUDIO 2			
5 – 5:50 PM BALLET FOR ALL Jess / STUDIO 2	2:45 – 3:30 PM SILVER SNEAKERS CHAIR EXERCISE Bob / MULT.-PURP. A	5:30 – 6:20 PM ZUMBA® Drina / STUDIO 1	5 – 5:50 PM STRENGTH & CARDIO Sue / STUDIO 1			
5:30 – 6:20 PM OULA DANCE Leah / STUDIO 1	3:30 – 4:30 PM* CYCLE + CORE Emily B / STUDIO 4 <i>*Option to exit at 4:15</i>	5:30 – 6:20 PM BARRE Elizabeth / STUDIO 2	5:30 – 6:30 PM RESTORATIVE YOGA Lisa T / STUDIO 2			
6 – 7 PM VINYASA FLOW YOGA Jeannie / STUDIO 2	4:30 – 5:20 PM YOGA FOR BONE HEALTH Ellen / STUDIO 2	5:30 – 6:15 PM CYCLE Megan / STUDIO 4 <i>Beginning Sept 3</i>	6 – 6:50 PM STEP AEROBICS Sarah S STUDIO 1			
6:30 – 7:30 PM BODYPUMP Bridget / STUDIO 1	5 – 5:50 PM STRENGTH & CARDIO Sarah S / STUDIO 1	6:30 – 7:30 PM BODYPUMP Sandra / STUDIO 1	7 – 7:45 PM WATER AEROBICS Christina / LAP POOL			
	5:30 – 6:30 PM KRIPALU YOGA - MODERATE Ellen / STUDIO 2	6:30 – 7:30 PM GENTLE YOGA Emily A / STUDIO 2				
	6 – 7 PM CYCLE James L / STUDIO 4 <i>Beginning Sept 2</i>				QUESTIONS? Contact Jordan at jordanh@minnesotajcc.org	

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