

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|---|---|---|
| 8:30 – 9:15 AM WATER AEROBICS Bob INDOOR POOL | 6:10 – 7 AM LIFT N PUMP Kim WEST STUDIO | 8:30 – 9:15 AM WATER AEROBICS Pat INDOOR POOL | 8:30 – 9:15 AM WATER AEROBICS Shelli INDOOR POOL | 8:30 – 9:15 AM WATER AEROBICS Bob INDOOR POOL | 8:45 – 9:30 AM WATER AEROBICS Alex INDOOR POOL | 10:30 – 11:30 AM LIFT N PUMP Laurie WEST STUDIO |
| 8:30 – 9:15 AM HIIT + STRENGTH Russell WEST STUDIO | 8:30 – 9:15 AM WATER AEROBICS Pat INDOOR POOL | 8:30 – 9:20 AM BARRE Jordan H EAST STUDIO | 8:30 – 9:15 AM CYCLE EXPRESS Julie WEST STUDIO | 8:30 – 9:30 AM POWER VINYASA YOGA Jody EAST STUDIO | 9 – 9:50 AM CYCLE EXPRESS Donna WEST STUDIO | 11 AM – NOON ALIGN & FLOW YOGA Deborah U EAST STUDIO |
| 9:30 – 10:30 AM POWER VINYASA YOGA Jacqui EAST STUDIO | 8:30 – 9:15 AM CYCLE EXPRESS Julie WEST STUDIO | 9:30 – 10:45 AM ALIGNMENT YOGA Debbie C EAST STUDIO | 8:30 – 9:15 AM BARRE Jordan H EAST STUDIO | 9:45 – 10:45 AM CARDIO DANCE! Shira WEST STUDIO | 10 – 10:50 AM XABEAT LaChel WEST STUDIO | |
| 10 – 10:45 AM FOREVER FIT Bob WEST STUDIO | 9:30 – 10:30 AM MAT PILATES Linda S EAST STUDIO | 9:30 – 10:10 AM CHAIR STRETCH Chris SENIOR LOUNGE | 9:30 – 10:15 AM FULL BODY STRENGTH Julie WEST STUDIO | 11 – 11:45 AM SILVER SNEAKERS Shira WEST STUDIO | 11 AM – NOON ALIGN & FLOW YOGA Deborah U EAST STUDIO | |
| 10 – 10:45 AM CHAIR STRETCH Chris SENIOR LOUNGE | 9:30 – 10:15 AM FULL BODY STRENGTH Julie WEST STUDIO | 10 – 10:45 AM ZUMBA + STRENGTH Darryl WEST STUDIO | 9:30 – 10:20 AM MAT PILATES Linda R EAST STUDIO | | | |
| 11 – 11:45 AM SILVER SNEAKERS Jacqui WEST STUDIO | 10:45 – 11:45 AM GENTLE YOGA Sam (Sub for Molly) EAST STUDIO | 11 – NOON TAI CHI Teri EAST STUDIO | 10:45 – 11:45 AM GENTLE YOGA Bri (Sub for Molly) EAST STUDIO | | | |
| | 11:15 AM – NOON SILVER SNEAKERS CHAIR Bob AUDITORIUM | | 11:15 AM – NOON SILVER SNEAKERS CHAIR Bob AUDITORIUM | | Questions? Email Jordan: jordanh@minnesotajcc.org | |
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Health & Wellness

GROUP EX

Sept 2025

Minnesota JCC
Sabes Center Minneapolis



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|---|--|--------|
| 5:30-6:30 PM VINYASA YOGA Rene EAST STUDIO | 4 – 5 PM GENTLE YOGA Ronna EAST STUDIO | NOON-12:30 PM CYCLE + CORE Jordan H WEST STUDIO | 4 – 5 PM GENTLE YOGA Kim EAST STUDIO | NOON-12:30 PM CYCLE + CORE Naomi WEST STUDIO | | |
| 5:30-6:15 PM CYCLE Donna WEST STUDIO <i>Beginning Sept 8</i> | 5 - 5:50 PM XABEAT DANCE LaChel WEST STUDIO | 5 – 6 PM BRAIN & BODY YOGA Yelena EAST STUDIO | 5:15 – 6:15 PM VINYASA FLOW YOGA Kim EAST STUDIO | | | |
| | 6 – 7 PM LIFT N PUMP Laurie WEST STUDIO | 5:30-6:15 PM CYCLE Alex WEST STUDIO <i>Beginning Sept 3</i> | 6 – 7 PM LIFT N PUMP Laurie WEST STUDIO | | | |
| | | 7 - 8 PM AIKIDO Vasili EAST STUDIO | | | | |
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