

Health & Wellness

GROUP EX

October 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 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 – 9:50 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 – 9:50 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.	9 – 9:50 AM FULL BODY STRENGTH Kateryna / STUDIO 1	9 – 9:50 AM POUND Mike L / STUDIO 1 <i>Beginning Oct 10</i>		10 – 11 AM BODYPUMP Rotating Instructor STUDIO 1
9:45 – 10:30 AM SILVER SNEAKERS™ CLASSIC Mike D / MULTI-PURP.	9 – 9:50 AM FULL BODY STRENGTH Kateryna / STUDIO 1	10 – 10:45 AM AQUA ZUMBA® Giovanna / LAP POOL	10 – 10:50 AM STEP AEROBICS Kateryna / STUDIO 1 <i>Moving to Tuesdays eff Oct 14</i>	9:45 – 10:30 AM SILVER SNEAKERS® CLASSIC Mike D / MULTI-PURP.		
10 – 10:45 AM WATER AEROBICS Jordan H / LAP POOL	10 – 10:50 AM STEP AEROBICS Kateryna / STUDIO 1 <i>Moving to Tuesdays eff Oct 14</i>	10 – 10:45 AM BARRE Debi / STUDIO 2	10 – 10:50 AM STRETCHING & FOAM ROLLING Kateryna / STUDIO 2 <i>Beginning Oct 16</i>	10 – 10:45 AM WATER AEROBICS Mike L / LAP POOL		
10 – 10:50 AM POWER VINYASA YOGA Lisa B / STUDIO 2	10:30 – 11:15 AM CHAIR YOGA Ellen / MULTI-PURP.	11 – 11:50 AM FELDENKRAIS Krista STUDIO 2	10:30 – 11:15 AM CHAIR YOGA Ellen / MULTI-PURP.	10 – 10:50 AM VINYASA FLOW YOGA Victoria / STUDIO 2		
11 – 11:50 AM TAI CHI Ann / STUDIO 2				10 – 11 AM OULA DANCE Ella / STUDIO 1	\$\$ Fee Based Class: Registration Required	
				11 – 11:50 AM FELDENKRAIS Maggie / STUDIO 2		

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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	2 – 2:45 PM* AQUA FOR ARTHRITIS Ann / REC POOL <i>Please note time change</i>	NOON – 12:45 PM POWER STRENGTH Debi / STUDIO 1	4:30 – 5:20 PM MAT PIILATES FUNDAMENTALS Mariusz / STUDIO 2	4 – 4:45 PM FUNCTIONAL STRENGTH BUILDING Kevin L / STUDIO 1		
4:45 – 5:30 PM AQUA ZUMBA® James M / LAP POOL	3:30 – 4:30 PM* CYCLE + CORE Emily B / STUDIO 4 <i>*Option to exit at 4:15</i>	4:30 – 5:20 PM VINYASA FLOW YOGA - MODERATE Ginny / STUDIO 2	5 – 5:50 PM STRENGTH & CARDIO Sue / STUDIO 1	4:45 – 5:30 PM CYCLE Lauren / STUDIO 4 <i>Beginning Oct 3rd</i>		
5 – 5:50 PM BALLET FOR ALL Jess / STUDIO 2	4:30 – 5:20 PM YOGA FOR BONE HEALTH Ellen / STUDIO 2	5:30 – 6:20 PM ZUMBA® Drina / STUDIO 1	5:30 – 6:30 PM RESTORATIVE YOGA Lisa T / STUDIO 2			
5 – 5:45 PM CYCLE Lauren / STUDIO 4 <i>Beginning Oct 6th</i>	5 – 5:50 PM STRENGTH & CARDIO Sarah S / STUDIO 1	5:30 – 6:20 PM BARRE Elizabeth / STUDIO 2	6 – 6:50 PM STEP AEROBICS Sarah S / STUDIO 1			
5:30 – 6:20 PM OULA DANCE Leah / STUDIO 1	5:30 – 6:30 PM KRIPALU YOGA - MODERATE Ellen / STUDIO 2	5:30 – 6:15 PM CYCLE Megan / STUDIO 4	7 – 7:45 PM WATER AEROBICS Christina / LAP POOL			
6 – 7 PM VINYASA FLOW YOGA Jeannie / STUDIO 2	6 – 7 PM CYCLE James L / STUDIO 4	6:30 – 7:30 PM BODYPUMP Sandra / STUDIO 1				
6:30 – 7:30 PM BODYPUMP Bridget / STUDIO 1	6 – 6:50 PM POUND Molly M / STUDIO 1 <i>Beginning Oct 7th</i>	6:30 – 7:30 PM GENTLE YOGA Emily A / STUDIO 2				
					QUESTIONS? Contact Jordan at jordanh@minnesotajcc.org	