

WINTER GROUP EXERCISE SCHEDULE

CHRISTMAS EVE (12/24)

CAPP CENTER

7–7:45 AM • BodyPump • Kim C
8–9 AM • Gentle Yoga • Kim C
9–9:45 AM • Aqua Zumba • James M
10–10:45 AM • Step • Sarah S
NOON–12:45 PM • Cycle • Alex E

SABES CENTER

8:30–9:15 AM • Water Aero • Pat F
9:30–10:45 AM • Alignment Yoga • Debbie C
10–10:45 AM • Zumba • Brenda J
11 AM–NOON • Mat Pilates • Linda S

VIRTUAL 9–9:45 AM • Tai Chi • Colin S

CHRISTMAS DAY (12/25)

CAPP CENTER

8:30–9:20 AM • Barre • Sarah S
9:30–10:30 AM • BodyPump • Sarah S
9–9:45 AM • Cycle • Alex E
10–10:45 AM • Water Aerobics • Alex E

SABES CENTER

9–9:45 AM • Cycle + Core • Naomi K
9:30–10:30 AM • Mat Pilates • Linda S
10–11 AM • Lift n Pump • Laurie E

BOXING DAY(12/26)

CAPP CENTER

9–9:45 AM • Zumba • Cindy I
9–9:50 AM • Barre • Sarah S
10–10:45 AM • Aqua Zumba • Cindy I
10–11 AM • BodyPump • Sarah S
4:45–5:30 PM • Cycle • Lauren P

SABES CENTER

8:30–9:15 AM • Aqua Zumba • James M
9–10 AM • Yin & Yoga Nidra • Frank D
9:45–10:45 AM • Cardio Dance • Shira
11–11:45 AM • Silver Sneakers • Shira

VIRTUAL 8:30–9:45 AM • Alignment Yoga • Debbie C

NEW YEAR'S EVE (12/31)

CAPP CENTER

9–9:50 AM • HIIT • Rachel W
9:30–10:30 AM • Yoga • Ellen
10–10:45 AM • Aqua • Alex E
10–11 AM • Zumba • Cindy I

SABES CENTER

8:30–9:15 AM • Water Aerobics • Pat F
9:30–10:30 AM • Yin & Yoga Nidra • Frank D
10:30–11:15 AM • Zumba • Brenda J

NEW YEAR'S DAY (1/1)

CAPP CENTER

9–9:45 AM • Aqua Zumba • James M
9–10 AM • Barre • Jordan H
9:30–10:30 AM • Zumba • Cindy I
10:30–11:30 AM • Chair Yoga • Ellen

SABES CENTER

8:30–9:15 AM • Water Aero • Bob H
9–9:45 AM • Cycle + Core • Naomi K
9:30–10:30 AM • Yin + Yoga Nidra • Frank D
10:30–11:15 AM • Zumba • Brenda J
11 AM–NOON • Mat Pilates • Linda S



Scan here or visit minnesotajcc.org to view the full list of holiday building hours.

