

Health & Wellness

GROUP EX

December 2025

Minnesota JCC
Sabes Center Minneapolis



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	6:10 – 7 AM POUND Leah S WEST STUDIO	8:30 – 9:15 AM WATER AEROBICS Bob INDOOR POOL	8:45 – 9:30 AM WATER AEROBICS Alex INDOOR POOL	9 – 9:45 AM CYCLE EXPRESS Naomi WEST STUDIO <i>Please note time change</i>
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 WATER AEROBICS Shelli INDOOR POOL	8:30 – 9:30 AM POWER VINYASA YOGA Jody EAST STUDIO	9 – 9:50 AM CYCLE EXPRESS Donna WEST STUDIO	10:30 – 11:30 AM LIFT N PUMP Laurie WEST 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 CYCLE EXPRESS Julie WEST STUDIO	9:45 – 10:45 AM CARDIO DANCE! Shira WEST STUDIO	10 – 10:50 AM XABEAT LaChel WEST STUDIO	11 AM – NOON ALIGN & FLOW YOGA Deborah U EAST STUDIO
10 – 10:45 AM ZUMBA + STRENGTH Eli WEST STUDIO	9:30 – 10:30 AM MAT PILATES Linda S EAST STUDIO	9:30 – 10:10 AM BALANCE + MOBILITY Chris SENIOR LOUNGE	8:30 – 9:20 AM BARRE Jordan H EAST STUDIO	11 – 11:45 AM SILVER SNEAKERS Shira WEST STUDIO	11 AM – NOON ALIGN & FLOW YOGA Deborah U EAST STUDIO	
10 – 10:45 AM BALANCE + MOBILITY 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 – 10:15 AM FULL BODY STRENGTH Julie WEST STUDIO			
11 – 11:45 AM SILVER SNEAKERS Jacqui WEST STUDIO	10:45 – 11:45 AM GENTLE YOGA Kim EAST STUDIO	11 – NOON TAI CHI Teri EAST STUDIO	9:30 – 10:20 AM MAT PILATES Linda R EAST STUDIO			
	11:15 AM – NOON SILVER SNEAKERS CHAIR Bob WEST STUDIO		10:45 – 11:45 AM GENTLE YOGA Molly B EAST STUDIO		Questions? Email Jordan: jordanh@minnesotajcc.org	
			11:15 AM – NOON SILVER SNEAKERS CHAIR Bob WEST STUDIO			



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:30 – 2:15 AM AQUA FOR ARTHRITIS Bob INDOOR POOL	4 – 5 PM GENTLE YOGA Ronna EAST STUDIO	4:30-5:15 PM POUND Leah WEST STUDIO <i>NEW !!</i>	4 – 5 PM GENTLE YOGA Kim EAST STUDIO			
4:30-5:15 PM ZUMBA Brenda WEST STUDIO <i>NEW !!</i>	5 - 5:50 PM XABEAT DANCE LaChel WEST STUDIO	5:30-6:15 PM CYCLE Alex WEST STUDIO	6 – 7 PM LIFT N PUMP Laurie WEST STUDIO			
5:30-6:15 PM CYCLE Donna WEST STUDIO	5:15 – 6:45 PM Ballet for Adults: <i>An Introduction</i> Kaethe EAST STUDIO \$\$	7 - 8 PM AIKIDO Vasili EAST STUDIO				
6-7 PM VINYASA YOGA Frank EAST STUDIO	6 – 7 PM LIFT N PUMP Laurie WEST STUDIO					
					\$\$ Fee Based Class: Registration Required	