



YWCA LIVE! VIRTUAL CLASS SCHEDULE: BEGINNING TUESDAY, SEPT 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	HIIT Plus 7:00 - 7:45 am Stephanie W.	Cardio Kick 6:30 - 7:30 am Sarah S.	Bodyweight Bootcamp 7:00 - 7:45 am Wendy T.	Meditation 8:30 - 9:00 am Deanna R. ✨	New Circuit 9:30 - 10:15 am EG N.	Vinyasa Yoga 9:00 - 10:00 am Judy A. ✨
	Gentle Flow Yoga 9:00 - 10:00 am Michelle S. ✨			Cardio Plus 9:30 - 10:15 am Theresa C.	Hatha Yoga 10:30 - 11:30 am Donna A. ✨	
			Stretch Roll & Restore 11:00-11:45 am Ashley T. ✨	Chisel Plus 12:00 - 12:45 pm Renee W.	Mat Pilates 12:00 - 1:00 pm Bethann B. ✨	
Bodyweight Bootcamp 5:45 - 6:30 pm Regina A.	Strength & Stretch 6:00 - 7:00 pm Renee W. ✨					
	Meditation 7:15 - 7:45 pm Deanna R. ✨					
✨ Mind/Body						

*REPLAY YWCA Live! classes: Click "Join Class" any time you are ready for fitness. Classes and schedules vary (Must allow POP Ups on your browser to view recordings.)

Registration is required 15 minutes prior to start time. Links are sent via email from YWCA Minneapolis (no_response@groupexpro.com).

Classes, descriptions and updates are available on the YWCA Schedules app or online at ywcamppls.org/ywcalive.

Updates will be sent via email to registered participants.



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Minneapolis