

# MIDTOWN CLASS SCHEDULE: BEGINNING TUESDAY, SEPT. 5

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PUMPED! Express</b> 6:15 - 7:00 am (G) Meredith M.		<b>Cycle 45</b> 6:30 - 7:15 am (C) Brooke D. 🚲	<b>Running Intervals</b> 7:00 - 8:00 am (MSC) Laurie G.		<b>Cycle 45</b> 8:00 - 8:45 am (C) Joe E. 🚲	
<b>SilverSneakers Cardio</b> 9:30 - 10:15 am (G) Theresa C.		<b>Water Fitness</b> 6:30 - 7:15 am (P) Kate C. 🌊				
<b>Circuit</b> 9:30 - 10:15 am (A) Alison G.	<b>Water Fitness</b> 9:00 - 9:45 am 🎵 (P) Susan W. 🌊	<b>Gentle Flow Yoga</b> 7:00 - 8:00 am (A) Mary L. 🌿	<b>Water Fitness</b> 9:00 - 9:45 am 🎵 (P) Susan W. 🌊		<b>Pumped! Express</b> 9:00 - 9:45 am (G) Sarah J.	
<b>SilverSneakers Cardio</b> 10:30 - 11:15 am (G) Theresa C.	<b>Cardio Plus</b> 10:30 - 11:15 am (A) Susan W.	<b>PUMPED!</b> 9:30 - 10:30 am (G) Diana P.	<b>New Zumba</b> 10:15 - 11:15 am (A) Susan W.	<b>Chair Yoga</b> 9:30-10:15 am (A) Donna A. 🌿		<b>HIIT &amp; Chisel</b> 10:00 - 11:00 am (A) Renee W.
<b>Gentle Flow Yoga</b> 10:30 - 11:30 am (A) Angela C. 🌿		<b>SilverSneakers Yoga</b> 10:30 - 11:15 am (A) Dallas R. 🌿	<b>SilverSneakers Cardio</b> 10:30 - 11:15 am (G) Theresa C.	<b>Senior Strength &amp; Form</b> 10:30 - 11:15 am (A) Renee W. 🧘	<b>Zumba</b> 10:30 - 11:30 am (G) Margo S.	<b>Water Fitness</b> 10:30 - 11:15 am (P) Patty M. 🌊
			<b>Chisel Plus</b> 11:30 am - 12:15 pm (A) Carrie C.			<b>Vinyasa Yoga</b> 11:15 am-12:15 pm (A) Renee W. 🌿
<b>Cycle 45</b> 5:15 - 6:00 pm (C) Lydia D. 🚲			<b>New HIIT Plus</b> 5:00 - 5:45 pm (A) Alison G.			
<b>Vinyasa Yoga</b> 5:30 - 6:30 pm (A) Dallas R. 🌿	<b>Vinyasa Yoga</b> 5:30 - 6:30 pm (A) Judy A. 🌿	<b>R.I.P.P.E.D</b> 5:30 - 6:30 pm (A) EG. N.	<b>Time Change Cycle 45</b> 6:00 - 6:45 pm (C) Joe E. 🚲	<b>Vinyasa Yoga</b> 5:30 - 6:30 pm (A) Vanessa W-M 🌿		
	<b>Zumba</b> 6:45 - 7:45 pm (A) Margo S.	<b>New Vinyasa Yoga</b> 7:00 - 8:00 pm (A) Jenna N. 🌿	<b>New Zumba</b> 6:30 - 7:30 pm (A) Tania M.			

**What's New?**

Vinyasa Yoga | Wednesdays at 7:00 pm | Jenna R-N  
 Zumba | Thursdays at 10:15 am | Susan W.  
 HIIT Plus | Thursdays at 5:00 pm | Alison G.  
 Zumba | Thursdays at 6:30 pm | Tania M.

**Gym Location Gym:** (A) = Studio A, (C) = Cycle Studio, (P) = Pool, (G) = Gym, (T) = Upper Track, (M) Midtown Farmers Market

Water Fitness  
 Mind/Body  
 Cycle  
 Aqua Music  
 **Small Group Training (\$\$)**

Registration is required due to class size limitations. Updates will be sent via email to registered participants.  
 Classes, descriptions and updates are available on the YWCA Schedules app or online at [ywcamps.org/schedules](http://ywcamps.org/schedules).



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