

# UPTOWN CLASS SCHEDULE: BEGINNING TUESDAY, SEPT. 5

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Cycle 45</b> 6:00 - 6:45 am (B) Lauren R. 🚲	<b>Cardio Kick</b> 6:30 - 7:30 am (C) Sarah S.	<b>Bodyweight Bootcamp</b> 7:00 - 7:45 am (C) Wendy T.			
<b>Chisel</b> 9:30 - 10:00 am (A) Carrie C.	<b>HIIT Plus</b> 7:00 - 7:45 am (C) Stephanie W.	<b>Cardio &amp; Core</b> 9:15 - 10:00 am (A) Renee W.	<b>SilverSneakers Cardio</b> 9:30 - 10:15 am (G) Shelli P.	<b>Vinyasa Yoga</b> 9:00 - 10:00 am (A) Preethi S. 🌿	<b>Gentle Flow Yoga</b> 9:00 - 10:00 am (A) Donna A. 🌿	<b>R.I.P.P.E.D</b> 9:00 - 10:00 am (A) Sarah S.
<b>Cycle 45</b> 10:15 - 11:00 am (B) Carrie C. 🚲	<b>SilverSneakers Yoga</b> 10:00 - 10:45 am (A) Jana H. 🌿	<b>Water Fitness</b> 10:15 - 11:00 am (P) Shelli P. 🌊			<b>PUMPED!</b> 9:15 - 10:15 am (G) Kim K.	<b>Cycle 45</b> 9:15 - 10:00 am (B) Diana P. 🚲
		<b>Cycle 45</b> 10:15 - 11:00 am (B) Carrie C. 🚲			<b>Bodyweight Bootcamp</b> 10:30 - 11:30am (G) Regina A.	<b>Pumped! Express</b> 10:15 - 11:00 am (G) Diana P.

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	<b>Vinyasa Yoga</b> 11:00 am-12:00 pm (A) Jana H. 🌿		<b>Stretch Roll &amp; Restore</b> 11:00 - 11:45 am (C) Ashley T.			
<b>Gentle Flow Yoga</b> 12:30 - 1:30 pm (A) Dana B. 🌿		<b>Mat Pilates Essential</b> 12:30 - 1:30 pm (A) Bethann B. 🌿				
						<b>Time Change</b> <b>Restorative Yoga</b> 2:00 - 3:15 pm (A) Ashley T. 🌿

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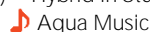
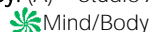
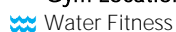
<b>Bodyweight Bootcamp</b> 5:45 - 6:30 pm (C) Regina A.						
<b>PUMPED!</b> 6:00 - 7:00 pm (G) Kim K.		<b>Vinyasa Yoga</b> 5:30 - 6:30 pm (A) Kelly M. 🌿				
<b>Restorative Yoga</b> 7:00 - 8:15 pm (A) Mary E. 🌿	<b>Fitness Barre</b> 6:45 - 7:30 pm (A) Ronna R.	<b>Zumba</b> 7:00 - 8:00 pm (A) Margo S.	<b>Vinyasa Yoga</b> 7:00 - 8:00 pm (A) Ashley T. 🌿			

## Fall Yoga Outdoors!

Yoga at Peavey Plaza, Wednesdays at 5:45 pm.  
Now through October 11. Across from YWCA Downtown.

Open to members and nonmembers. Bring your friends and family!  
Classes move indoors in the case of inclement weather.

**Gym Location Key:** (A) = Studio A (B) = Studio B, (C) = Hybrid in Studio C, (P) = Pool, (G) = Gym



**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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