

Group Fitness Schedules

eliminating racism
empowering women

ywca

Minneapolis

FREE IN-PERSON CLASS SCHEDULE: BEGINNING WEDNESDAY, NOV. 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Water Fitness 6:30 - 7:15 am (P) Kate C.	PUMPED! Express 6:15 - 7:00 am (G) Meredith M	Water Fitness 6:30 - 7:15 am (P) Kate C.			
		Cycle 45 6:30 - 7:15 am (C) Brooke D.	Running Intervals 7:00 - 8:00 am (MSC) Laurie G.		Cycle 45 8:00 - 8:45 am (C) Joe E.	
Water Fitness 9:00 - 9:45 am (P) Kate C.	Water Fitness 9:00 - 9:45 am (P) Shelli P.	Water Fitness 9:00 - 9:45 am (P) Kate C.	Water Fitness 9:00 - 9:45 am (P) Susan W.		PUMPED! 9:00 - 10:00 am (G) Kim K.	
Circuit 9:30 - 10:15 am (A) Alison G.	SilverSneakers Cardio 9:30 - 10:15 am (G) Theresa C.	HIIT & Chisel 9:00 - 10:00 am (A) Renee W.	Gentle Flow Yoga 9:00 - 10:00 am (A) Ashley T.	PUMPED! Express 9:30 - 10:15 am (G) Diana P.	Vinyasa Yoga 9:00 - 10:00 am (A) Donna A.	Cycle 45 9:00 - 9:45 am (C) Joe E.
Cycle 45 10:00 - 10:45 am (C) Carrie C.	Cardio Plus 10:30 - 11:15 am (A) Shelli P.	PUMPED! 9:30 - 10:30 am (G) Diana P.	Zumba 10:15 - 11:15 am (A) Susan W.	Cardio & Core 10:30 - 11:15 am (A) Renee W.	Core Fit 10:30 - 11:00 am (A) EG. N.	HIIT & Chisel 10:00 - 11:00 am (A) Renee W.
Hatha Yoga 10:30 - 11:30 am (A) Dana B.	SilverSneakers Cardio 10:30 - 11:15 am (G) Theresa C.	SilverSneakers Yoga 10:30 - 11:15 am (A) Dallas R.	SilverSneakers Cardio 10:30 - 11:15 am (G) Theresa C.			Water Fitness 10:30 - 11:15 am (P) Patty M.

			Chisel Plus 11:30 am - 12:15 pm (A) Carrie C.	Chair Yoga 11:30 am - 12:15 pm (A) Donna A.	Bodyweight Bootcamp 11:15 am - 12:05 pm (A) Regina A.	Vinyasa Yoga 11:15 am - 12:15 pm (A) Renee W.
	Vinyasa Yoga 12:00 - 1:00 pm (A) Preethi S.	Mat Pilates Essential 12:00 - 1:00 pm (A) Bethann B.	Vinyasa Yoga 12:30 - 1:30 pm (A) Jana H.			
SilverSneakers Yoga 1:00 - 1:45 pm (A) Jana H.						Restorative Yoga 2:00 - 3:15 pm (A) Ashley T.

Cycle 45 5:15 - 6:00 pm (C) Lydia D.	Senior Sweat & Stretch 5:30 - 6:30 pm (A) Judy A.	R.I.P.P.E.D 5:30 - 6:30 pm (A) EG N.	HIIT Plus 5:00 - 5:45 pm (A) Alison G.	Vinyasa Yoga 5:30 - 6:30 pm (A) Vanessa W-M.		
Vinyasa Yoga 5:30 - 6:30 pm (A) Dallas R.	Cycle 45 6:00 - 6:45 pm (C) Bethann B.		Cycle 45 6:00 - 6:45 pm (C) Joe E.			
Pumped! 6:00 - 7:00 pm (G) Kim K.	Zumba 6:45 - 7:45 pm (A) Margo S.		Zumba 6:30 - 7:30 pm (A) Tania M.			
LeBlast(R) Splash 7:00 - 7:45 pm (P) Donna M.		Vinyasa Yoga 7:00 - 8:00 pm (A) Jenna R.N.	Water Intensity 6:30 - 7:15 pm (P) Patty M.			

Location: (A) = Studio A, (C) = Cycle Studio, (P) = Pool, (G) = Gym, (T) = Upper Track

Water Fitness Mind/Body Cycle Aqua Music



Registration 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. Explore our Virtual Classes (**YWCA Live!, REPLAY, and On Demand!**)! Perfect for those hectic days when you can't make it to the gym. ywcamps.org/virtual