

Group Fitness Schedules

FREE IN-PERSON CLASS SCHEDULE: BEGINNING APRIL 12 (THIS IS A TEMPORARY SCHEDULE DURING THE GYM CLOSURE.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Water Fitness 6:30 - 7:15 am (P) Kate C.	PUMPED! Express 6:15 - 7:00 am (A) Meredith M	Water Fitness 6:30 - 7:15 am (P) Kate C.			
	HIIT Plus 7:00 - 7:45 am (B) Stephanie W.	Cycle 45 6:30 - 7:15 am (C) Brooke D.	Circuit 7:00 - 7:45 am (A) Alison G.		Cycle 60 7:45 - 8:45 am (C) Joe E.	
			Running Intervals 7:00 - 8:00 am (MSC) Laurie G.			R.I.P.P.E.D 8:30 - 9:30 am (A) Sarah S.
	Gentle Flow Yoga 9:00 - 10:00 am (B) Michelle S.	Water Fitness 9:05 - 9:50 am (P) Kate C.	Water Fitness 9:05 - 9:50 am (P) Susan W.		PUMPED! 9:00 - 10:00 am (A) Sarah S.	
Circuit 9:30 - 10:15 am (A) Alison G.	Water Fitness 9:05 - 9:50 am (P) Susan W.	Cardio & Core 9:30 - 10:15 am (A) Renee W.	Gentle Flow Yoga 9:00 - 10:00 am (A) Ash T.			Cycle 45 9:00 - 9:45 am (C) Joe E.
Time Change Cycle 45 10:15 - 11:00 am (C) Carrie C.	SilverSneakers Cardio 9:30 - 10:15 am (A) Theresa C.	SilverSneakers Yoga 10:30 - 11:15 am (A) Dallas R.	Time Change Cycle 45 10:15 - 11:00 am (C) Carrie C.	PUMPED! Express 9:30 - 10:15 am (A) Diana P.	Core Fit 10:30 - 11:00 am (A) EG. N.	HIIT & Chisel 10:00 - 11:00 am (A) Renee W.
Water Fitness 10:30 - 11:15 am (P) Shelli P.	SilverSneakers Cardio 10:30 - 11:15 am (A) Theresa C.	New Cardio Plus 11:00 - 11:45 am (B) Diana P.	Zumba 10:15 - 11:15 am (A) Susan W.	Cardio & Core 10:30 - 11:15 am (A) Renee W.		Water Fitness 10:30 - 11:15 am (P) Patty M.
Hatha Yoga 10:30 - 11:30 am (A) Dana B.			SilverSneakers Circuit 10:30 - 11:15 am (T) Theresa C.			
Cardio Plus 11:45 am - 12:30 pm (A) Shelli P.			Stretch Roll & Restore 10:30 - 11:15 am (B) Ash T.			
SilverSneakers Yoga 1:00 - 1:45 pm (A) Jana H.			Chisel Plus 11:30 am - 12:30 pm (A) Carrie C.	Chair Yoga 11:30 am - 12:15 pm (A) Dana B.	Bodyweight Bootcamp 11:15 am - 12:05 pm (A) Regina A.	Vinyasa Yoga 11:15 am - 12:15 pm (A) Renee W.
Cycle 45 5:15 - 6:00 pm (C) Lydia D.	Vinyasa Yoga 12:00 - 1:00 pm (A) Preethi S.	Mat Pilates Essential 12:00 - 1:00 pm (A) Bethann B.		Vinyasa Yoga 1:30 - 2:30 pm (A) Jana H.		Restorative Yoga 2:00 - 3:15 pm (A) Ash T.
Vinyasa Yoga 5:30 - 6:30 pm (A) Dallas R.	Yoga Lab 5:30 - 6:30 pm (A) Judy A.	R.I.P.P.E.D 5:30 - 6:30 pm (A) EG N.		Vinyasa Yoga 5:30 - 6:30 pm (A) Vanessa W-M.		Mindful Strength & Yoga 4:00 - 5:00 pm (B) Donna A.
Bodyweight Bootcamp 5:45 - 6:30 pm (B) Regina A.	Cycle 45 6:00 - 6:45 pm (C) Bethann B.		Cycle 45 6:00 - 6:45 pm (C) Joe E.			
New R.I.P.P.E.D 6:45 - 7:45 pm (A) Tara D.	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.			Water Intensity 6:30 - 7:15 pm (P) Patty M.			
		Vinyasa Yoga 7:00 - 8:00 pm (A) Jenna R.N.	Gentle Flow Yoga 7:00 - 8:00 pm (B) Kelly M.			

Hybrid (in-person and virtual) Classes. Limited number of spots available in-person. Registration required.

Saturday's Zumba class will occur every first Saturday of the month.

Location: (A) = Studio A, (C) = Cycle Studio, (P) = Pool, (G) = Gym, (MSC) = Minneapolis Sports Center, (B) = Virtual Studio, (T) = Upper-Level Track

Water Fitness **Cycle**
 Mind/Body **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