




**REPLAY
YWCA Live!
Classes**
Click "Join Class"
to start!

YWCA LIVE! VIRTUAL CLASS SCHEDULE: BEGINNING MONDAY, APRIL 1

| 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. | Vinyasa Yoga 7:00 - 8:00 am Jenna R. N. 🌿 | | 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. 🌿 | Zumba 9:30 - 10:30 am Tania M. | | Meditation 8:30 - 9:00 am Deanna R. 🌿 | Hatha Yoga 10:30 - 11:30 am Donna A. 🌿 | Every 2nd Sunday R.I.P.P.E.D 10:30 - 11:30 am Sarah S. |
| Gentle Flow Yoga 12:00 - 1:00 pm Dana B. 🌿 | | Cardio Plus 11:00 - 11:45 am Diana P. | Stretch Roll & Restore 10:30 - 11:15 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 and Stretch 6:00 - 7:00 pm Renee W. 🌿 | | | | | Mindful Strength & Yoga 4:00 - 5:00 pm Donna A. 🌿 |
| | Meditation 7:15 - 7:45 pm Deanna R. 🌿 | | Gentle Flow Yoga 7:00 - 8:00 pm Kelly M. 🌿 | | | |

REPLAY YWCA Live! Classes: Click "Join Class" at any time wellness fits your schedule. Classes and schedules are subject to change at moments notice. (Must allow POP Ups on your browser to view recording.)

 Sunday's R.I.P.P.E.D class will occur every 2nd Sunday of the month.

 **Mind/Body**



Registration required 15-minutes prior to start time. Links are sent via email from jhuffman@ywcampsls.org

Classes, descriptions and updates are available on the YWCA Schedules app or online at ywcampsls.org/ywcalive
Updates will be sent via email to registered participants.

eliminating racism
empowering women
ywca
Minneapolis