**Free Class Schedule: June 24 - August 4, 2019**

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<th>Monday</th>
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<tr>
<td><strong>Fitness Barre</strong></td>
<td><strong>Cycle 55</strong></td>
<td><strong>Total Stretch</strong></td>
<td><strong>Cycle 55</strong></td>
<td><strong>Fit &amp; Tone</strong></td>
<td><strong>Aqua Fit &amp; Tone</strong></td>
<td><strong>Hatha Yoga</strong></td>
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<td><strong>Zumba Gold</strong></td>
<td><strong>Pumped!</strong></td>
<td><strong>Vinyasa Yoga Plus</strong></td>
<td><strong>Hatha Yoga</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Zumba</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
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<td>(A) Teasha R.</td>
<td>(A) Kate C.</td>
<td>(A) Judy A.</td>
<td>(A) Lola P.</td>
<td>(A) Judy A.</td>
<td>(A) Colette I.</td>
<td>(A) Haley L.</td>
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<td><strong>Fit &amp; Tone</strong></td>
<td><strong>Hatha Yoga</strong></td>
<td><strong>Fit &amp; Tone</strong></td>
<td><strong>Cardio Dance</strong></td>
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<td><strong>SilverSneakers® Yoga</strong></td>
<td><strong>Cardio Dance</strong></td>
<td><strong>Gentle Yoga (Chair)</strong></td>
<td><strong>SilverSneakers® Classic</strong></td>
<td><strong>SilverSneakers® Classic</strong></td>
<td><strong>SilverSneakers® Splash</strong></td>
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<td><strong>Cycle Fundamentals</strong></td>
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<td><strong>Aqua Blast</strong></td>
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<td>(G) Jennifer B.</td>
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Location: A = Studio A, (Atr) = Atrium, CS = Cycle Studio, G = Gym, (P) = Pool

*Classes and schedules are subject to change. Please search class schedules online at ywcampls.org/schedules for the most up-to-date information.*

**STAY CONNECTED**

**DOWNLOAD OUR FREE APP**

Download “YWCA Schedules” and you will be able to:

- View schedules for classes and events at each location
- Add events to your calendar, set reminders and invite friends to join you through our sharing features
- Receive push notifications for last minute cancellations, exciting promotions or important info you need to know

**Group Fitness:** (612) 215-4152

- **M-F** 5:30 AM - 9:00 PM
- **SAT** 7:30 AM - 5:00 PM
- **SUN** 9:00 AM - 4:00 PM

**Downtown Group Fitness**

**Water Fitness**  **Mind/Body**  **Cycle**
GROUP FITNESS LEVELS

Intensity Level 1
Light intensity workout that is meant for beginners. All fitness levels are welcome.

Intensity Level 2
Moderately intense workout. Beginners are welcome but may have to modify some exercises.

Intensity Level 3
High intensity workout meant for individuals who have prior workout experience. These classes help bring your fitness to a new level.

CARDIO DANCE
Intensity Level 1
Let a wide variety of music inspire your workout. This class is designed to encourage participants to put their own energy level, ability and style into the moves in a non-intimidating and fun environment. All fitness levels are welcome.

CHISEL!
Intensity Level 2
Weight training and resistance work are a must to lose fat, burn calories, and build muscle. All fitness levels are welcome.

CIRCUIT
Intensity Level 3
Stations utilizing strength, balance, agility and power are set up in the classroom and combined with cardio intervals for an efficient and intense workout. Multiple levels.

CYCLE
Intensity Level 3
(CYCLE 25, CYCLE 55, CYCLE 75)
Intervals, hills, power challenges and more! Cycle instructors pull out a mix of techniques to coach you through each exciting ride. Instructors tailor each class to the participants and add music and a bit of personality to make your ride enjoyable. Each class is geared to meet the needs of all fitness levels and instructors offer modifications throughout.

CYCLE FUNDAMENTALS
Intensity Level 3
All Levels
Are you new to cycling or looking for a more leisurely ride? Take advantage of this 25-minute introductory class to learn techniques and build up your cycling legs. All levels welcome to ride at their pace.

FIT AND TONE
Intensity Level 2
A low- to non-impact aerobics class that also includes strength and flexibility training. Great for beginners but all levels welcome.

FITNESS BARRE
Intensity Level 2
Sculpt it, lift it, tone it, shape it! Through high repetitions and multiple music tempos, this dance influenced class will utilize your entire muscular system as a means to improve coordination, core, balance, posture and strength.

GENTLE YOGA
Intensity Level 0
Practice founded on moving body with the breath. Classes are designed to create a feeling of steadiness, comfort and ease through out body, breath and mind. Participants in this class should feel comfortable being on hands and knees and getting up and down from the floor. No previous yoga experience required.

HATHA YOGA
Intensity Level 1
Designed as an entry-level class, this class features slow-paced postures with some simple breathing exercises. This is a good place to learn basic poses and relaxation techniques, and to become comfortable with yoga.

HIIT (HIGH INTENSITY INTERVAL TRAINING)
Intensity Level 3
High intensity Interval Training is a format proven to not only torch calories but also enhance your aerobic capacity without long workouts. Perfect for the busy exerciser, but not for the faint of heart. HIIT requires you to push your limits! Bodyweight exercises and small equipment done in intervals.

NIA
Intensity Level 1
Nia is a sensory-based movement practice, empowering people of all shapes and sizes by connecting the body, mind, emotions and spirit. Nia draws from disciplines of the martial arts, dance arts and healing arts. Every class offers a unique combination of 52 moves that correspond with the main areas of the body: the base, the core and the upper extremities.

PUMPED!
Intensity Level 2
This class is designed for all fitness levels. It uses free weights, motivational music, and trained instructors to help you add strength and define muscles. *Please arrive 10 minutes early if this is your first class.

RESTORATIVE YOGA
Intensity Level 1
Fundamental yoga poses are practiced while the body is supported with props, allowing greater relaxation, restoration and renewal.

SILVERSNEAKERS® CLASSIC
Intensity Level 1
SilverSneakers® Classic uses hand-held weights, elastic tubing with handles, balls for resistance and a chair for support as well as non-impact aerobic choreography; exercises are designed to increase range of movement and activities of daily living (ADLs).

SILVERSNEAKERS® YOGA
Intensity Level 1
Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motions. Restorative breathing exercises and a final relaxation promote stress reduction and mental clarity.

TOTAL STRETCH
Intensity Level 1
Treat your body and energize your day with this invigorating stretch class. All fitness levels are welcome.

WATER FITNESS LEVELS

Intensity Level 1
Focuses on range of movement, flexibility, and stretching in the water and is a good fit for anyone recovering from injuries or new to water exercise.

Intensity Level 2
Focuses on a full body aerobic workout in the water and is a good fit for those looking to mix-up their workouts.

Intensity Level 3
Focuses on a full body, high intensity cardio workout in the water and is a good fit for someone looking to take their workouts to a new level. Comfort in the water is a must.

AQUA BLAST
Intensity Level 3
This class will challenge your endurance, strength and coordination by optimizing the challenge that water can add to movement. Participants should be experienced exercisers and comfortable in the water.

FIT ‘N TONE H20
Intensity Level 1
Utilizing the benefits of water, this class combines cardiovascular, muscular, and flexibility exercises for the entire body. A variety of equipment will be incorporated into each class, and exercises are performed in both shallow and deep water; however, participants can remain in shallow water for the entire class, if desired. All levels are welcome.

SILVERSNEAKERS® SPLASH
Intensity Level 1
SilverSneakers Splash is a universal class designed to increase cardiovascular endurance, agility, strength and balance in an aqua environment.
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<td>(P) Laurie G.</td>
<td>(C) Brooke D.</td>
<td>(A) Garrett F.</td>
<td>(A) Sarah S.</td>
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<td>Hatha Yoga</td>
<td>Vinyasa Yoga</td>
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<td>Running Intervals</td>
<td>Aqua Blast</td>
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<td>Restorative Yoga</td>
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<td>(A) Bess N.</td>
<td>(A) Jana H.</td>
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<td>Laurie G.</td>
<td>(P) Allisa M.</td>
<td>(G) Bonnie J./Kate C.</td>
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<tr>
<td>Pumped!</td>
<td>Shallow Cardio ’n Core</td>
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<td>Zumba</td>
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<td>Circuit Plus</td>
<td>SilverSneakers® Yoga</td>
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<td>Core Fit</td>
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<td>(A) Laura L/Tyler S.</td>
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**GROUP FITNESS LEVELS**

**Intensity Level 1**
Light intensity workout that is meant for beginners. All fitness levels are welcome.

**Intensity Level 2**
Moderately intense workout. Beginners are welcome but may have to modify some exercises.

**Intensity Level 3**
High intensity workout meant for individuals who have prior workout experience. These classes help bring your fitness to a new level.

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**WATER FITNESS LEVELS**

**Intensity Level 1**
Focuses on range of movement, flexibility, and stretching in the water and is a good fit for anyone recovering from injuries or new to water exercise.

**Intensity Level 2**
Focuses on a full body aerobic workout in the water and is a good fit for those looking to mix-up their workouts.

**Intensity Level 3**
Focuses on a full body, high intensity cardio workout in the water and is a good fit for someone looking to take their workouts to a new level. Comfort in the water is a must.

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**ADAPTIVE YOGA/STRETCH**
Intensity level 1
This class is paced for those with chronic illness concerns, primarily those with Multiple Sclerosis or other auto immune diseases, including mobility limitations or the need to work slowly or those engaged in injury rehabilitation. This class endorsed by the Minnesota MS Society.

**AQUA BLAST**
Intensity level 3
This class will challenge your endurance, strength and coordination by optimizing the challenge that water can add to movement. Participants should be experienced exercisers and comfortable in the water.

**AQUA INTERVALS**
Intensity level 2
Interval training consists of alternating segments of work and rest. The format of training has been proven to burn more calories while strengthening your cardiovascular system. Class consists of 30 minutes of intervals, stretching and core work.

**BALLET BARRE**
Intensity level 2
Re-shape, stretch and strengthen your body while you improve your posture and body awareness. Many of the exercises in this class utilize the ballet barre and are based in ballet technique. For beginners and non-dancers as well as advanced exercisers.

**CARDIO DANCE: HIP-HOP**
Intensity level 1
This dance-based class is filled with hip-hop style moves and music. High energy and intensely fun! Don’t let the name scare you off - come as you are, do what you can and have a great time.

**CARDIO DANCE: LATIN**
Intensity level 1
This cardio dance class is inspired by the dances of Latin America with a wide variety of music and choreography. All fitness levels are welcome!

**CARDIO DANCE: WORLD DANCE**
Intensity level 1
This cardio dance class blends the flavors of Latin, African and Arab music and dance styles. All fitness levels are welcome!

**CARDIO DANCE: ZUMBA®**
Intensity level 1
This is Zumba® Taught by Zumba certified using Zumba music tracks and choreography. All fitness levels are welcome!

**CHISSEL**
Intensity level 2
Weight training and resistance work are a must to lose fat, burn calories, and build muscle. All fitness levels are welcome.

**CIRCUIT**
Intensity level 2
Stations utilizing strength, balance, agility and power are set up in the studio and combined with cardio intervals for an efficient and intense workout. Multiple levels.

**COMBO**
Intensity level 2
Put the water’s resistance to work! A variety of equipment is used in both the shallow and deep end of the pool. Our instructors will lead you through a workout where the intensity and the depth of the water is up to you. Swimming ability not necessary and buoyancy belts are available.

**CORE FIT**
Intensity level 2
This class strengthens the core working the abdominal, oblique and lower back muscles. And you’ll feel the results! All fitness levels are welcome.

**CYCLE (CYCLE 25, CYCLE 55, CYCLE 75)**
Intensity level 2
WCAs Cycle Class is a low-intensity cycling group that talks while it spins. Research shows our physical, mental and social health are interconnected and that movement aids in cognitive and emotional processing. Come feel the benefits of your pedal power! This class is not a substitute for therapy.

**CYCLE FUNDAMENTALS**
Intensity level 2
Are you new to cycling or looking for a more leisurely ride? Take advantage of this 25-minute introductory class to learn techniques and build up your cycling legs. All levels welcome to ride at their pace.

**FIT AND TONE**
Intensity level 2
A low-to-no impact aerobic class that also includes strength and flexibility training. Great for beginners but all levels welcome.

**FITNESS BARRIE**
Intensity level 2
Sculpt it, lift it, tone it, shape it! Through high repetitions and multiple music tempos, this dance influenced class will utilize your entire muscular system as a means to improve coordination, core, balance, posture and strength.

**FOAM ROLLER**
Intensity level 1
Foam Rolling is a self-massage technique that relieves muscle soreness and tightness. This class will aid in reestablishing pain-free movement and enhance exercise performance. Great for all fitness levels.

**GENTLE YOGA**
Intensity level 0
Practice founded on moving body with the breath. Classes are designed to create a feeling of steadiness, comfort and ease throughout body, breath and mind. Participants in this class should feel comfortable being on hands and knees and getting up and down from the floor. No previous yoga experience required.

**HATHA YOGA**
Intensity level 1
Designed as an entry-level class, this class features slow-paced poses, and a variety of postures designed to increase flexibility, balance and endurance levels.

**HI LO**
Intensity level All Levels
This upbeat, energetic class focuses on the development of cardiovascular strengthening by utilizing a variety of high- and low-impact movements.

**HIIT**
Intensity level 3
High Intensity Interval Training is a format proven to not only torch calories without adding more mileage? More than 50% of endurance athletes will get injured in a year. Whether you’re recovering from an injury, or trying to prevent one, you can challenge your fitness without the strain of grueling (or putting on the miles) with Water Running. This is a seriously intense pool workout for land-based athletes.

**HIGH INTENSITY WATER RUNNING**
Intensity level 3
Want to seriously challenge your cardio system and burn more calories without adding more mileage? More than 50% of endurance athletes will get injured in a year. Whether you’re recovering from an injury, or trying to prevent one, you can challenge your fitness without the strain of grueling (or putting on the miles) with Water Running. This is a seriously intense pool workout for land-based athletes.

**HYDROTONE**
Intensity level 2
Jump into the water and experience a dynamic toning workout for the entire body! This class focuses on functional strength training through movement in shallow water. Participants do not need to know how to swim; however, they should be comfortable in the water.

**INSANITY®**
Intensity level 3
Forget everything you think you know about high-intensity workouts, because Insanity will redefine your mind and body! With Insanity, you work flat out in 3- to 5-minute zones called Max Interval Training, pushing your body’s limits, requiring it to adapt.

**MAT PILATES ESSENTIAL**
Intensity level 1
Class focuses on basic principles and simple movements. This is the entry point for people with little or no Pilates experience.

**MAT PILATES EXPERIENCED**
Intensity level 2
Class requires previous Pilates experience and progresses at a faster pace, with more advanced exercises and modifications.

**MAT PILATES WITH PROPS**
Intensity level 2
Pilates with Props is an experienced level class utilizing the foam roller, balls or other small props for adding stability, challenge and fun to the traditional Pilates class.

**MEDITATION**
Intensity level 0
Meditation is the practice of waking up to the present moment and learning to be open and at ease with the unfolding conditions of life. This is a 30 minute guided meditation open to all whether you are new to meditation or have an established practice.

**PIYO**
Intensity level 2
PiYo combines the muscle sculpting and core strengthening benefits of Pilates with the movement of vinyasa style yoga. The pace is a steady flow of exercises, postures and stretches designed to add intensity to the workout and place an emphasis on strengthening the entire body.

**POWER YOGA**
Intensity level 3
Our most advanced level of yoga, this class may include inversions, handstands and advanced movements while stressing the importance of anatomy and alignment.

**PUMPED!**
Intensity level 2
This class is designed for all fitness levels. It uses free weights, motivational music, and trained instructors to help you add strength and define muscles. *Please arrive 10 minutes early if this is your first class.

**RESTORATIVE YOGA**
Intensity level 1
Fundamental yoga poses are practiced while the body is supported with props, allowing greater relaxation, restoration and renewal.

**R.I.P.P.E.D.**
Intensity level 3
Experience this total body “plateau proof fitness formula,” utilizing free weights, resistance and body weight. This class masterfully combines Resistance, Intervals, Power, Pyrometrics, Endurance, and Diet components, challenging participants’ fitness and endurance levels!

**SHALLOW CARDIO ‘N’ CORE**
Intensity level 2
Multi-level aerobic class using the resistance of water to increase range of motion, strengthen muscles and improve cardiovascular fitness. Participants need not be able to swim; however, they should be comfortable in the water.

**SILVERSNEAKERS® CARDIO**
Intensity level 1
SilverSneakers Cardio is an advanced class for active adults to increase cardiovascular and muscular endurance as well as strength, agility and coordination.

**SILVERSNEAKERS® CLASSIC**
Intensity level 1
SilverSneakers® Classic uses hand held weights, elastic tubing with handles, balls for resistance and a chair for support as well as non-impact aerobic choreography; exercises are designed to increase range of movement and activities of daily living (ADLs). 

**SILVERSNEAKERS® YOGA**
Intensity level 1
Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motions. Restorative breathing exercises and a final relaxation promote stress reduction and mental clarity.

**TOTAL STRETCH**
Intensity level 1
Treat your body and energize your day with this invigorating stretch class. All fitness levels are welcome.

**TURBO KICK®**
Intensity level 3
Become a total knockout with the ultimate cardio kickboxing party! Turbo Kick LIVE takes cardio kickboxing and body-sculpting dance moves and choreographs them with the hottest music mixes. With high intensity intervals placed throughout the routine, you'll get lean and toned. Plus, you'll have a blast doing it. It's high intensity, fast-paced and totally addictive!

**VINYASA YOGA**
Intensity level 2
Vinyasa means breath-synchronized movement, and consists of flowing breath-based movement. Students should be injury-free and have a regular yoga practice.
<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Hatha Yoga 6:15 - 7:10 am (A) Adam J.</td>
<td>Pumped! 6:15 - 7:15 am (B) Carrie C.</td>
<td>Cycle 55 6:30 - 7:25 am (B) Diana P.</td>
<td>Chisel 6:00 - 6:25 am (A) Stephanie W.</td>
<td>Combo 9:00 - 9:55 am (P) Sharon G.</td>
<td>Cycle 75 8:15 - 9:30 am (B) Lisa B.</td>
<td>Vinyasa Yoga 9:00 - 9:55 am (A) Ahndi F.</td>
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<tr>
<td></td>
<td>Hatha Yoga 9:00 - 9:55 am (A) Bess N.</td>
<td>SilverSneakers® Classic 9:30 - 10:15 am (G)</td>
<td>Pumped! 8:30 - 9:30 am (G) Shelli P.</td>
<td>Pumped! 6:15 - 7:15 am (G) Meredith L.</td>
<td>Circuit 9:00 - 9:55 am (A) Tara D.</td>
<td>Vinyasa Yoga 9:00 - 9:55 am (A) Dawn C.</td>
<td>Pumped! 9:00 - 10:00 am (G) Diana P./Jann D.</td>
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<td>Cycle 55 9:30 - 10:25 am (B) Carrie C.</td>
<td>Chisel 9:30 - 9:55 am (A) Tara D.</td>
<td>Aqua Social 9:00 - 9:55 am (P) Aliah H.</td>
<td>HITT 6:30 - 6:55 am (A) Stephanie W.</td>
<td>Foam Roller 10:00 - 10:25 am (A) Tara D.</td>
<td>Pumped! 9:00 - 10:00 am (G) Kim K.</td>
<td>Combo 9:30 - 10:25 am (P) Shelli P.</td>
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<td></td>
<td>Combo 10:00 - 10:55 am (P) Sharon G.</td>
<td>HIT 10:00 - 10:25 am (A) Tara D.</td>
<td>NEW! Fitness Barre 9:00 - 9:55 am (A) Pat M.</td>
<td>Mat Pilates Essential 9:00 - 9:55 am (C) Tresa S.</td>
<td>Fit &amp; Tone 10:00 - 10:55 am (G) Bonnie O.</td>
<td>Power Step 10:05 - 10:30 am (A) Linda H.</td>
<td>Core Fit Plus 10:00 - 10:45 am (A) Renee W.</td>
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<td></td>
<td>Fit &amp; Tone 10:00 - 10:55 am (G) Bonnie O./Sharon S.</td>
<td>Total Stretch 11:00 - 11:55 am (A) Peggy W.</td>
<td>Cycle 55 9:30 - 10:25 am (B) Carrie C.</td>
<td>Cycle 75 10:00 - 10:55 am (A) Tara D.</td>
<td>Core Fit 10:30 - 10:55 am (A) Linda H.</td>
<td>INSANITY 11:00 - 11:55 am (B) Staff</td>
<td>Cycle 55 11:00 - 11:55 am (B) Brian M./Staff</td>
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<td></td>
<td>Vinyasa Yoga 12:00 - 12:55 pm (A) Renee W.</td>
<td>Adaptive Yoga 12:30 - 1:25 pm (C) Tresa S.</td>
<td>Shallow Cardio ‘n Core 11:00 - 11:55 am (P) Sharon G.</td>
<td>Aqua Intervals 10:45 - 11:40 am (P) Beth N.</td>
<td>Chelsea 10:35 - 10:55 am (A) Tina P.</td>
<td>Cycle 75 11:00 - 11:55 am (A) Linda H.</td>
<td>Chisel 11:30 - 11:55 am (A) Renee W.</td>
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<td></td>
<td>Core Fit 5:00 - 5:25 pm (A) Diane P.</td>
<td>Experienced Pilates 12:30 - 1:25 pm (C) Tresa S.</td>
<td>Vinyasa Yoga 4:00 - 4:55 pm (A) Jamie D.</td>
<td>Cardio Dance: Latin 12:00 - 12:55 pm (A) Keziah A.</td>
<td>Turbo Kick® 12:00 - 12:55 pm (A) Stephanie W.</td>
<td>Restorative Yoga 12:45 - 2:00 pm (C) Natalie J.</td>
<td>Ballet Barre Plus 1:00 - 2:15 pm (A) Maria F.</td>
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<td>R.I.P.P.E.D. 5:30 - 6:25 pm (A) Tara D.</td>
<td>Cardio Dance: Zumba 4:30 - 5:25 pm (A) Colette I.</td>
<td>R.I.P.P.E.D. 5:30 - 6:25 pm (A) Sarah S.</td>
<td>Adaptive Stretch 12:00 - 12:55 pm (A) Maria D.</td>
<td>Vinyasa Yoga 4:00 - 4:55 pm (A) Brittany H.</td>
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<td></td>
<td>Pumped! 6:15 - 7:15 pm (G) Sarah J.</td>
<td>INSANITY 5:30 - 6:25 pm (A) Kelsey F.</td>
<td>Cycle 55 6:00 - 6:55 pm (B) Brian M.</td>
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<td>Fit ‘n Tone H2O 6:30 - 7:25 pm (P) Rose B.</td>
<td>Pumped! 5:30 - 6:30 pm (G) Jen K.</td>
<td>Chisel Plus 6:30 - 7:25 pm (A) Lisa W.</td>
<td>CORE DE FORCE 5:45 - 6:40 pm (A) Regina A.</td>
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<td></td>
<td>Vinyasa Yoga 6:45 - 7:40 pm (A) Travis B.</td>
<td>Cycle 25 7:30 - 8:25 pm (A) Jenna N.</td>
<td>Vinyasa Yoga 7:00 - 7:55 pm (A) Pat M.</td>
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<td>Chisel 6:30 - 6:55 pm (B) Tyler B.</td>
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<td>Fitness Barre 6:30 - 7:25 pm (A) Lisa B.</td>
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Classes and schedules are subject to change. Please search class schedules online at [ywcampls.org/schedules](http://ywcampls.org/schedules) for the most up-to-date information.

**Stay Connected**

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Download “YWCA Schedules” and you will be able to:

- View schedules for classes and events at each location
- Add events to your calendar, set reminders and invite friends to join you through our sharing features
- Receive push notifications for last minute cancellations, exciting promotions or important info you need to know

**Group Fitness:** (612) 215-4205
**M-F 5:30 AM - 11:00 PM**
**SAT-SUN 7:30 AM - 9:00 PM**

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**Water Fitness**    **Mind/Body**    **Cycle**    **Aqua Music**
**GROUP FITNESS LEVELS**

**Intensity Level 1**
Light intensity workout that is meant for beginners. All fitness levels are welcome.

**Intensity Level 2**
Moderately intense workout. Beginners are welcome but may have to modify some exercises.

**Intensity Level 3**
High intensity workout meant for individuals who have prior workout experience. These classes help bring your fitness to a new level.

**WATER FITNESS LEVELS**

**Intensity Level 1**
Focuses on range of movement, flexibility, and stretching in the water and is a good fit for anyone recovering from injuries or new to water exercise.

**Intensity Level 2**
Focuses on a full body aerobic workout in the water and is a good fit for those looking to mix-up their workouts.

**Intensity Level 3**
Focuses on a full body, high intensity cardio workout in the water and is a good fit for someone looking to take their workouts to a new level. Comfort in the water is a must.

**ADAPTIVE YOGA/STRETCH**
Intensity level 1
This class is paced for those with chronic illness concerns, primarily those with Multiple Sclerosis or other auto immune diseases, including mobility limitations or the need to work slowly or those engaged in injury rehabilitation. This class endorsed by the Minnesota MS Society.

**BALLETHRRE**
Intensity level 2
Reshape, stretch and strengthen your body while you improve your posture and body awareness. Many of the exercises in this class utilize the ballet barre and are based in ballet technique. For beginners and non-dancers as well as advanced exercisers.

**CARDIO DANCE: LATIN**
Intensity level 1
This cardio dance class is inspired by the dances of Latin America with a wide variety of music and choreography. All fitness levels are welcome!

**CARDIO DANCE: ZUMBA**
Intensity level 1
This is Zumba® Taught by Zumba certified instructors using Zumba music tracks and choreography. All fitness levels are welcome!

**CHISEL**
Intensity level 2
Weight training and resistance work are a must to lose fat, burn calories, and build muscle. All fitness levels are welcome.

**CIRCUIT**
Intensity level 3
Stations utilizing strength, balance, agility and power are set up in the studio and combined with cardio intervals for an efficient and intense workout. Multiple levels.

**CORE DE FORCE**
Intensity level 2
Get out of your head and into the moment with this high-energy, noncontact MMA-inspired workout. Fight at your own pace while you punch, kick and hit your way to develop a strong, powerful and sculpt your entire body. You’ll combine boxing, kidboxing, and Muay Thai techniques with interval training to turn up the calorie burn! All fitness levels are welcome.

**CORE FIT**
Intensity level 2
This class strengthens the core working the abdominal, oblique and lower back muscles. And you’ll feel the results! All fitness levels are welcome.

**CYCLE**
*(CYCLE 25, CYCLE 55, CYCLE 75)*
Intervals, hills, power challenges and more! Cycle instructors pull out a mix of techniques to coach you through each exciting ride. Instructors tailor each class to the participants and add music and a bit of personality to make your ride enjoyable. Each class is geared to meet the needs of all fitness levels and instructors offer modifications throughout.

**CYCLE CIRCLE**
Intensity level 2
YWCA’s Cycle Circle class is a low-intensity cycling group that talks while it spins. Research shows our physical, mental and social health are interconnected and that movement aids in cognitive and emotional processing. Come feel the benefits of your pedal power! This class is not a substitute for therapy. Find weekly class topics on our YWCA Schedules app.

**CYCLE FUNDAMENTALS**
Intensity level 2
Are you new to cycling or looking for a more leisurely ride? Take advantage of this 25-minute introductory class to learn techniques and build up your cycling legs. All levels welcome to ride at their pace.

**FIT AND TONE**
Intensity level 2
A low to non-intensity aerobic class that also includes strength and flexibility training. Great for beginners but all levels welcome!

**FITNESS BARRE**
Intensity level 2
Sculpt it, lift it, tone it, shape it! Through high repetitions and multiple music tempos, this dance influenced class will utilize your entire muscular system as a means to improve coordination, core, balance, posture and strength.

**FOAM ROLLER**
Intensity level 1
Foam Rolling is a self-myofascial release (SMR) stretching technique used to release “knots” which relieves muscle soreness and tightness. This 25 minute class can aid in reestablishing pain-free movement and enhance exercise performance. Great for all fitness levels.

**HATHA YOGA**
Intensity level 1
Designed as an entry-level class, this class features slow-paced postures with some simple breathing exercises. This is a good place to learn basic poses and relaxation techniques, and to become comfortable with yoga.

**HIIT**
*(HIGH INTENSITY INTERVAL TRAINING)*
High Intensity Interval Training is a format proven to not only torch calories but also enhance your aerobic capacity without long workouts. Perfect for the busy exerciser, but not for the faint of heart. HIIT requires you to push your limits! Bodyweight exercises and small equipment done in intervals.

**INSANITY®**
Intensity level 3
Forget everything you think you know about high-intensity workouts, because Insanity will redefine your mind and body! With Insanity, you push at your body’s limits, requiring it to adapt.

**MAT PILATES ESSENTIAL**
Intensity level 1
Class focuses on basic principles and simple movements. This is the entry point for people with little or no Pilates experience.

**MAT PILATES EXPERIENCED**
Intensity level 2
Class requires previous Pilates experience and progresses at a faster pace, with more advanced exercises and modifications.

**MEDITATION**
Intensity level 0
Meditation is the practice of waking up to the present moment and learning to be open and at ease with the unfolding conditions of life. This is a 30 minute guided meditation open to all whether you are new to meditation or have an established practice. Please no admittance after meditation has begun.

**POWER STEP**
Intensity level 3
While some classic step movements are used, Power Step is not your traditional step class. Featuring functional athletic training, Power Step incorporates the platform for a cardio, power, strength, balance and agility workout that will leave you wanting more!

**POWER YOGA**
Intensity level 3
Our most advanced level of yoga, this class may include inversions, binds and advanced movements while stressing the importance of anatomy and alignment.

**PUMPED!**
Intensity level 2
This class is designed for all fitness levels. It uses free weights, motivational music, and trained instructors to help you add strength and define muscles. *Please arrive 10 minutes early if this is your first class.

**RESTORATIVE YOGA**
Intensity level 1
Fundamental yoga poses are practiced while the body is supported, props, allowing greater relaxation, restoration and renewal.

**R.I.P.P.E.D.®**
Intensity level 3
Experience this total body “plateau proof fitness formula” workout, utilizing free weights, resistance and body weight. This class masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components, challenging participants’ fitness and endurance levels!

**SILVERSTEAKERS® CLASSIC**
Intensity level 1
SilverSteakers® Classic uses hand-held weights, elastic tubing with handles, balls for resistance and a chair for support as well as non-impact aerobic choreography; exercises are designed to increase range of movement and activities of daily living (ADLs).

**TOTAL STRETCH**
Intensity level 1
Treat your body and energize your day with this invigorating stretch class. All fitness levels are welcome.

**TURBO KICK®**
Intensity level 3
While some classic step movements are used, Power Step is not your traditional step class. Featuring functional athletic training, Power Step incorporates the platform for a cardio, power, strength, balance and agility workout that will leave you wanting more!

**VINYASA YOGA**
Intensity level 2
Vinyasa means breath-synchronized movement, and consists of strong, flowing breath-based movement. Students should be injury-free and have a regular yoga practice.

**WATER FITNESS LEVELS**

**Intensity Level 1**
Focuses on range of movement, flexibility, and stretching in the water and is a good fit for anyone recovering from injuries or new to water exercise.

**Intensity Level 2**
Focuses on a full body aerobic workout in the water and is a good fit for those looking to mix-up their workouts.

**Intensity Level 3**
Focuses on a full body, high intensity cardio workout in the water and is a good fit for someone looking to take their workouts to a new level. Comfort in the water is a must.

**AQUA INTERVALS**
Intensity level 2
Interval training consists of alternating segments of work and rest. This format of training has been proven to burn more calories while strengthening your cardiovascular system. Class consists of 30 minutes of intervals, stretching and core work.

**AQUA SOCIAL**
Intensity level 2
Build community and your stamina in this class that’s like taking a walk with a friend. Instead of a walk and talk, enjoy conversation while you move in the water. Instructor-led, multi-level class using the water’s resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness.

**COMBO**
Intensity level 2
Put the water’s resistance to work! A variety of equipment is used in both the shallow and deep end of the pool. Our instructors will lead you through a workout where the intensity and the depth of the water is up to you. Swimming ability not necessary and buoyancy belts are available.

**FIT ‘N TONE H2O**
Intensity level 1
Utilizing the benefits of water, this class combines cardiovascular, muscular, and flexibility exercises for the entire body. A variety of equipment will be incorporated into each class, and exercises are performed in both shallow and deep water; however, participants can remain in shallow water for the entire class, if desired. All levels welcome.

**SHALLOW CARDIO ‘N CORE**
Intensity level 2
Multi-level aerobics class using the resistance of water to increase range of motion, strengthen muscles and improve cardiovascular fitness. Participants need not be able to swim; however, they should be comfortable in the water.