<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>Cycle 55</td>
<td>6:00 - 6:55 am (CS) Lydia D.</td>
<td>H.I. Water Running 6:30 - 7:15 am (P) Laurie G.</td>
<td>R.I.P.P.E.D. 6:00 - 6:55 am (A) EG N.</td>
<td>Cycle 55 6:00 - 6:55 am (CS) Brooke D.</td>
<td>Circuit 8:00 - 8:55 am (A) Garrett F.</td>
<td>R.I.P.P.E.D. 9:30 - 10:25 am (A) Sarah S.</td>
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<tr>
<td>Hatha Yoga</td>
<td>7:00 - 7:55 am (A) Bess N.</td>
<td>Shallow Cardio 'n Core 8:30 - 9:25 am (P) Jann D.</td>
<td>Shallow Cardio 'n Core 8:30 - 9:25 am (P) Allisa M.</td>
<td>Circuit 9:00 - 9:55 am (A) Garrett F.</td>
<td>Cardio Dance: Zumba 5:30 - 6:25 pm (A) Tania M.</td>
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<tr>
<td>Vinyasa Yoga</td>
<td>6:00 - 6:55 am (A) Jana H.</td>
<td>H.I. Water Running 6:30 - 7:15 am (P) Laurie G.</td>
<td>SilverSneakers® Classic 9:30 - 10:15 am (A) Bess N.</td>
<td>SilverSneakers® Classic 10:30 - 11:15 am (G) Theresa C./Maureen P.</td>
<td>SilverSneakers® Classic 10:30 - 11:15 am (G) Theresa C./Maureen P.</td>
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<tr>
<td>SilverSneakers® Cardio</td>
<td>9:45 - 10:40 am (G) Jennifer B.</td>
<td>SilverSneakers® Cardio 9:30 - 10:15 am (G) Theresa C./Maureen P.</td>
<td>SilverSneakers® Cardio 10:30 - 11:15 am (G) Jennifer B.</td>
<td>SilverSneakers® Cardio 10:30 - 11:15 am (G) Jennifer B./Sharon S.</td>
<td>SilverSneakers® Cardio 10:30 - 11:15 am (G) Jennifer B./Sharon S.</td>
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<tr>
<td>Hi Lo</td>
<td>5:30 - 6:25 pm (G) Annice M.</td>
<td>Chisel Plus 11:30 am - 12:15 pm (A) Carrie C.</td>
<td>Power Yoga Plus 4:00 - 5:10 pm (A) Ben L.</td>
<td>Power Yoga Plus 4:00 - 5:10 pm (A) Ben L.</td>
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<tr>
<td>Cardio Dance: World Dance</td>
<td>6:00 - 6:55 pm (A) Mehdi K.</td>
<td>Cardio Dance: Zumba 5:30 - 6:25 pm (A) Tania M.</td>
<td>Circuit 5:30 - 6:25 pm (A) Carrie C.</td>
<td>Circuit 5:30 - 6:25 pm (A) Ben L.</td>
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<tr>
<td>Hydroton</td>
<td>6:30 - 7:25 pm (P) Patty M.</td>
<td>Core Fit 7:00 - 7:25 pm (A) Anna M.</td>
<td>Vinyasa Yoga 7:30 - 8:25 pm (A) Staff</td>
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<tr>
<td>Vinyasa Yoga</td>
<td>6:00 - 6:55 am (A) Jana H.</td>
<td>Chisel Plus 11:30 am - 12:15 pm (A) Carrie C.</td>
<td>Aqua Intervals 6:30 - 7:25 pm (P) Kelli K.</td>
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<tr>
<td>Cardio Dance: Zumba</td>
<td>6:30 - 7:25 pm (A) Jana H.</td>
<td>Hi Lo 5:30 - 6:25 pm (A) Tania M.</td>
<td>Vinyasa Yoga 7:00 - 7:55 am (A) Jana H.</td>
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<tr>
<td>Vinyasa Yoga</td>
<td>7:00 - 7:55 am (A) Jana H.</td>
<td>Hi Lo 5:30 - 6:25 pm (A) Tania M.</td>
<td>Eating Healthy Yoga 5:30 - 6:25 pm (A) Staff</td>
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</table>

 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**

**DOWNLOAD OUR FREE APP**

- 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

**ywca Minneapolis**

- Eliminating racism
- Empowering women
- Water Fitness
- Mind/Body
- Cycle
- Aqua Music

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 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.

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.

BALLETT 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. All fitness levels are welcome!

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 class will challenge you with a variety of dance elements from African, Arab and 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!

CHEISL
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 circuit 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 is designed to challenge your core strength using interwoven aquatic and land-based exercises. You'll burn calories and enjoy a full-body workout. All levels are welcome.

CYCLE
Intensity Level 2
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. All classes are geared to meet the needs of all fitness levels and instructors offer modifications throughout.

CYCLE CIRCLE
Intensity Level 2
YWCAs 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.

FIT AND TONE
Intensity Level 2
A low to non-impact 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 establishing 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 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 poses with some simple breathing exercises. This is a good place to learn basic poses and relaxation techniques, and to become comfortable with yoga.

HI-LO
Intensity Level 1
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 but also enhance your aerobic capacity without long workouts. Perfect for the busy exerciser, but not for the fan of heart, HIIT requires you to push your limits! Bodyweight exercises and small equipment done in intervals.

HIGH INTENSITY WATER RUNNING
Intensity Level 3
Want to seriously challenge your cardio system and burn more calories without adding more miles? 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 gravity (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 blocks. It’s 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.

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
PUMPED! 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 postulated to increase intensity to the workout and place an emphasis on strengthening the entire body.

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

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 strong, flowing breath-based movement. Students should be injury-free and have a regular yoga practice.