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<tr>
<th>Monday</th>
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<tr>
<td><strong>Cycle 55</strong></td>
<td><strong>HIIT/Chisel</strong></td>
<td><strong>H.I. Water Running</strong></td>
<td><strong>R.I.P.P.E.D.</strong></td>
<td><strong>Cycle 55</strong></td>
<td><strong>Circuit</strong></td>
<td><strong>R.I.P.P.E.D.</strong></td>
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<td>(CS) Lynda D.</td>
<td>(G) Stephanie W</td>
<td>(P) Laurie G.</td>
<td>(E) N.</td>
<td>(CS) Brooke D.</td>
<td>(A) Garrett F.</td>
<td>(A) Sarah S.</td>
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<tr>
<td><strong>NEW! Vinyasa Yoga</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Running Intervals</strong></td>
<td><strong>Aqua Blast</strong></td>
<td><strong>Pumped!</strong></td>
<td><strong>Pumped!</strong></td>
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<td>(A) Mary M.</td>
<td>(A) Jana H.</td>
<td>(A) Jenna T.</td>
<td>(R. HS Track)</td>
<td>(CS) Allisa M.</td>
<td>(G) Kate C.</td>
<td>(A) Garrett F.</td>
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<tr>
<td><strong>Pumped!</strong></td>
<td><strong>Shallow Cardio 'n Core</strong></td>
<td><strong>WATERinMOTION®</strong></td>
<td><strong>R.I.P.P.E.D.</strong></td>
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<td><strong>NEW! H.I. Water Running</strong></td>
<td><strong>Cycle 55</strong></td>
<td><strong>SilverSneakers® Yoga</strong></td>
<td><strong>SilverSneakers® Cardio</strong></td>
<td><strong>SilverSneakers® Classic</strong></td>
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<td><strong>SilverSneakers® Classic</strong></td>
<td><strong>SilverSneakers® Classic</strong></td>
<td><strong>SilverSneakers® Cardio</strong></td>
<td><strong>SilverSneakers® Yoga</strong></td>
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<td><strong>NEW! Chair Yoga</strong></td>
<td><strong>Meditation</strong></td>
<td><strong>R.I.P.P.E.D.</strong></td>
<td><strong>SilverSneakers® Cardio</strong></td>
<td><strong>Power Yoga Plus</strong></td>
<td><strong>Power Yoga Plus</strong></td>
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<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Chisel Plus</strong></td>
<td><strong>Hi Lo</strong></td>
<td><strong>Cardio Dance: Zumba</strong></td>
<td><strong>Chisel</strong></td>
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<td><strong>Cardio Dance: Zumba</strong></td>
<td><strong>Step</strong></td>
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<td><strong>Pumped!</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
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<td>(A) Nicole P.</td>
<td>(CS) Kari C.</td>
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<td><strong>Cardio Dance: World Dance</strong></td>
<td><strong>Cycle 55</strong></td>
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<td><strong>Cardio Dance: Zumba</strong></td>
<td><strong>Core Fit</strong></td>
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<td>(CS) Bessan B.</td>
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<td>(A) Garrett F.</td>
<td>(G) Laura L./Tyler S.</td>
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<td><strong>Cycle 55</strong></td>
<td><strong>HIIT</strong></td>
<td><strong>Cardio Dance: Zumba</strong></td>
<td><strong>Cardio Dance: World Dance</strong></td>
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<td><strong>Pumped!</strong></td>
<td><strong>Core Fit</strong></td>
<td><strong>WATERinMOTION®</strong></td>
<td><strong>Cardio Dance: Zumba</strong></td>
<td><strong>Cycle 55</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Cycle 55</strong></td>
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<td><strong>Essential Pilates</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Cycle 55</strong></td>
<td><strong>Cycle 55</strong></td>
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<td>(A) Garrett F.</td>
<td>(A) Mirabal M.</td>
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</tbody>
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Location: (A) = Studio A, (CS) = Spin Studio, (G) = Gym, (P) = Pool, (R. HS Track) = Roosevelt HS Track

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 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, high intensity cardio exercise.

**Intensity Level 3**
Focuses on range of movement, flexibility, and training in the water and is a good fit for those looking to mix up their workouts.

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**ADAPTIVE YOGA/STRETCH**
Intended level 0
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**
Intended 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**
Intended 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.

**BALLETT BARRE**
Intended 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**
Intended 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**
Intended 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**
Intended 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®**
Intended level 1
This is Zumba® Taught by Zumba certified instructors using Zumba music tracks and choreography. All fitness levels are welcome!

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

**CIRCUIT**
Intended level 3
Stationary 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**
Intended 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**
Intended 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**
Intended level All Levels
YWCA’s Cycle Circle 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**
Intended level 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**
Intended level 2
A low- to non-impact aerobics class that also includes strength and flexibility training. Great for beginners but all levels welcome.

**FITNESS BARRé**
Intended level 2
Script 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**
Intended 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 restabalisng pain-free movement and enhance exercise performance. Great for all fitness levels.

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

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

**HIT**
Intended level 3
High intensity Interval Training is a great way to work towards improving your caloric burn. How do you measure success? The only way to know is if you try it out! Hi-Lo’s will improve your HIIT for the body and mind! All fitness levels are welcome.

**HIGH INTENSITY WATER RUNNING**
Intended 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 gravity (or putting on the miles) with Water Running. This is a seriously intense pool workout for land-based athletes.

**HYDROTONE**
Intended 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®**
Intended 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**
Intended 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**
Intended level 2
Class requires previous Pilates experience and progresses at a faster pace, with more advanced exercises and modifications.

**MAT PILATES WITH PROPS**
Intended 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**
Intended 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.

**PYO**
Intended level 2
Pyo 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 transitions designed to add intensity to the workout and place an emphasis on strengthening the entire body.

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

**PUMPED!**
Intended 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**
Intended level 1
Fundamental yoga poses are practiced while the body is supported with props, allowing greater relaxation, restoration and renewal.

**SILVERSNEAKERS® CARDIO**
Intended 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**
Intended 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**
Intended 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**
Intended level 1
Tighten your body and energize your day with this invigorating stretch for your entire body! All fitness levels are welcome.

**TURBO KICK®**
Intended level 3
Become a total knockout with the ultimate cardio kickboxing party! Turbo Kick® UTV combines 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 intensity, fast-paced and totally addicting!

**VINYASA YOGA**
Intended 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.

**WATERBORN®MOTION®**
Intended level 2
WATERBORN®MOTION® is the newest aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skills and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body!