Free Class Schedule: **February 17 - March 29, 2020**

<table>
<thead>
<tr>
<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><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>Fit 'n Tone H20</strong></td>
<td><strong>Hatha Yoga</strong></td>
</tr>
<tr>
<td>6:30 - 7:25 am</td>
<td>6:15 - 7:10 am</td>
<td>6:30 - 7:25 am</td>
<td>6:30 - 7:25 am</td>
<td>10:00 - 10:55 am</td>
<td>9:00 - 9:55 am</td>
<td>9:30 - 10:25 am</td>
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<tr>
<td>(A) Colette I.</td>
<td>(B) Lisa S.</td>
<td>(A) Colette I.</td>
<td>(B) Lisa S.</td>
<td>(A) Shelli P.</td>
<td>(P) Rose B.</td>
<td>(A) Jen R.</td>
</tr>
<tr>
<td><strong>Fit &amp; Tone</strong></td>
<td><strong>Pumped!</strong></td>
<td><strong>WATERinMOTION®</strong></td>
<td><strong>Hatha Yoga</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Cardio Dance: Zumba</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
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<tr>
<td>10:00 - 10:55 am</td>
<td>6:15 - 7:15 am</td>
<td>6:30 - 7:25 am</td>
<td>8:30 - 9:25 am</td>
<td>11:05 am - 12:00 pm</td>
<td>9:30 - 10:25 am</td>
<td>10:30 - 11:25 am</td>
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<tr>
<td>(A) Teasha R.</td>
<td>(G) Kate C.</td>
<td>(P) Kate C.</td>
<td>(A) Lola P.</td>
<td>(A) Judy A.</td>
<td>(A) Colette I.</td>
<td>(A) Colette I.</td>
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<tr>
<td><strong>SilverSneakers® Yoga</strong></td>
<td><strong>Hatha Yoga</strong></td>
<td><strong>Vinyasa Yoga Plus</strong></td>
<td><strong>SilverSneakers® Splash</strong></td>
<td><strong>Fit &amp; Tone</strong></td>
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<tr>
<td>11:15 am - 12:00 pm</td>
<td>9:30 - 9:25 am</td>
<td>8:30 - 9:45 am</td>
<td>9:30 - 10:25 am</td>
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<td>(A) Natalie J.</td>
<td>(A) Lola P.</td>
<td>(A) Judy A.</td>
<td>(P) Lola P.</td>
<td>(A) Shelli P.</td>
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<tr>
<td><strong>WATERinMOTION®</strong></td>
<td><strong>Cardio Dance</strong></td>
<td><strong>Fit &amp; Tone</strong></td>
<td><strong>SilverSneakers® Classic</strong></td>
<td><strong>Circuit</strong></td>
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<tr>
<td>12:00 - 12:55 pm</td>
<td>9:30 - 10:25 am</td>
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<tr>
<td>(P) Teasha R.</td>
<td>(A) Marie D.</td>
<td>(A) Judy A.</td>
<td>(A) Lola P.</td>
<td>(A) Stephanie W.</td>
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<tr>
<td><strong>NEW! Cycle 25</strong></td>
<td><strong>SilverSneakers® Splash</strong></td>
<td><strong>Chair Yoga</strong></td>
<td><strong>Hatha Yoga</strong></td>
<td><strong>Pumped!</strong></td>
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<tr>
<td>12:00 - 12:25 pm</td>
<td>9:30 - 10:25 am</td>
<td>11:15 am - 12:00 pm</td>
<td>12:05 am - 1:00 pm</td>
<td>5:25 - 6:25 pm</td>
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<tr>
<td>(B) Rachael W.</td>
<td>(P) Lola P.</td>
<td>(A) Natalie J.</td>
<td>(A) Natalie J.</td>
<td>(G) Amy H.</td>
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<tr>
<td><strong>Gentle Yoga</strong></td>
<td><strong>SilverSneakers® Classic</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Cycle 55</strong></td>
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<td>12:30 - 1:25 pm</td>
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<tr>
<td><strong>Cycle Fundamentals</strong></td>
<td><strong>Chisel Plus</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Cardio Dance: Nia</strong></td>
<td><strong>Circuit</strong></td>
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<td>5:30 - 5:55 pm</td>
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<td>(B) Loralean J.</td>
<td>(A) Wendy T.</td>
<td>(A) Natalie J.</td>
<td>(A) Andrea W.</td>
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<tr>
<td><strong>Cycle 25</strong></td>
<td><strong>Hatha Yoga</strong></td>
<td><strong>Aqua Blast</strong></td>
<td><strong>SilverSneakers® Classic</strong></td>
<td><strong>Cardio Dance: Nia</strong></td>
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<td>(B) Loralean J.</td>
<td>(A) Amy H.</td>
<td>(P) Patty M.</td>
<td>(A) Lola P.</td>
<td>(A) Andrea W.</td>
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<tr>
<td><strong>WATERinMOTION®</strong></td>
<td><strong>HIIT</strong></td>
<td><strong>Restorative Yoga</strong></td>
<td><strong>Cardio Dance: Nia</strong></td>
<td><strong>SilverSneakers® Classic</strong></td>
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<td>(P) Donna M.</td>
<td>(G) Jennifer B.</td>
<td>(A) Natalie J.</td>
<td>(A) Rachel B.</td>
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<td><strong>Hatha Yoga</strong></td>
<td><strong>Chisel</strong></td>
<td><strong>SilverSneakers® Classic</strong></td>
<td><strong>Cardio Dance: Nia</strong></td>
<td><strong>SilverSneakers® Classic</strong></td>
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<tr>
<td><strong>Cardio Dance: Nia</strong></td>
<td>6:30 - 7:25 pm</td>
<td><strong>SilverSneakers® Classic</strong></td>
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<td>6:30 - 7:25 pm</td>
<td>(A) Rachel B.</td>
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</table>

Location: A = Studio A, (Atr) = Atrium, B = Studio B, G = Gym, (P) = Pool

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.

**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 cancelations, 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** **Aqua Music**

**STAY CONNECTED DOWNLOAD OUR FREE APP**

- Download the YWCA Schedules app for free on the [App Store](https://apps.apple.com) and [Google Play](https://play.google.com)
- Stay connected with the latest updates and events

**eliminating racism empowering women**

**ywca Minneapolis**
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 a 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.

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.

CARDIO DANCE: 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.

CARDIO DANCE: ZUMBA
Intensity level 2
Dance your way to a fitter you! The routines feature interval-training sessions where fast and slow rhythms along with resistance training are combined to tone and sculpt your body while burning fat. All levels are welcome!

CHAIR 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.

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 (CYCLE 25, CYCLE 55, CYCLE 75)
Intensity level 1
Circuit training pulls 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 1
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 'N TONE
Intensity level 2
A low-to-high impact aerobic class that also includes strength and flexibility training. Great for beginners but all levels welcome.

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 are 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.

GENTLE YOGA
Intensity Level 0
Practice focused on moving body with the breath. Classes are designed to increase flexibility, 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.^

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.

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.

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.

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.

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 SPLASH
Intensity level 1
SilverSneakers Splash is a universal class designed to increase cardiovascular endurance, agility, strength and balance in an aqua environment.

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 addicting!

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.

WATERinMOTION®
Intensity level 2
WATERinMOTION 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!
## Free Class Schedule: February 17 - March 29, 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
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<td>8:00 - 8:55 am</td>
<td>9:30 - 10:25 am</td>
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<tr>
<td>(CS) Lydia D.</td>
<td>(CS) Stephanie W</td>
<td>(CS) Joe E.</td>
<td>(A) EG N.</td>
<td>(CS) Brooke D</td>
<td>(A) Garrett F</td>
<td>(A) Sarah S.</td>
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<tr>
<td>Vinyasa Yoga</td>
<td>Vinyasa Yoga</td>
<td>H.I. Water Running</td>
<td>Running Intervals</td>
<td>Vinyasa Yoga</td>
<td>Pumped!</td>
<td>NEW! Cycle 55</td>
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<tr>
<td>7:00 - 7:55 am</td>
<td>6:00 - 6:55 am</td>
<td>6:30 - 7:15 am</td>
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<td>8:30 - 9:30 am</td>
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<tr>
<td>(A) Mary M.</td>
<td>(A) Jana H.</td>
<td>(P) Laurie G.</td>
<td>(R. HS Track)</td>
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<td>(A) Jana H.</td>
<td>(CS) Joe E.</td>
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<tr>
<td>Pumped!</td>
<td>Shallow Cardio 'n Core</td>
<td>Vinyasa Yoga</td>
<td>Cycle 55</td>
<td>Shallow Cardio 'n Core</td>
<td>Circuit</td>
<td>NEW! Vinyasa Yoga</td>
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<td>8:30 - 9:30 am</td>
<td>8:30 - 9:25 am</td>
<td>7:00 - 7:55 am</td>
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<td>10:45 - 11:40 am</td>
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<tr>
<td>(G) Laurie G.</td>
<td>(P) Jann D.</td>
<td>(A) Jenna T.</td>
<td>(CS) Leah H.</td>
<td>(P) Jann D.</td>
<td>(A) Garrett F</td>
<td>(A) Rikyra S.</td>
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<tr>
<td>Circuit</td>
<td>Hatha Yoga</td>
<td>WATERinMOTION®</td>
<td>Hatha Yoga</td>
<td>Pumped!</td>
<td>Cardio Dance: Hip Hop</td>
<td>Combo H2O</td>
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<td>9:15 - 10:10 am</td>
<td>9:15 - 10:10 am</td>
<td>8:30 - 9:25 am</td>
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<td>11:00 - 11:55 am</td>
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<tr>
<td>(A) Sue M.</td>
<td>(G) Michelle S.</td>
<td>(G) Celia M.</td>
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<td>(A) Kristin M.</td>
<td>(P) Patty M.</td>
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<tr>
<td>SilverSneakers® Classic</td>
<td>SilverSneakers® Cardio</td>
<td>SilverSneakers® Classic</td>
<td>SilverSneakers® Cardio</td>
<td>SilverSneakers® Cardio</td>
<td>SilverSneakers® Yoga</td>
<td>SilverSneakers® Classic</td>
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<td>9:45 - 10:30 am</td>
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<tr>
<td>(G) Jennifer B.</td>
<td>(G) Bonnie O./Jennifer B</td>
<td>(G) Bonnie O./Jennifer B</td>
<td>(G) Shelley P/Sharon S</td>
<td>(G) Jennifer B./Sharon S</td>
<td>(A) Natalie J.</td>
<td>(G) Jen B.</td>
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<tr>
<td>Cardio Dance: Beginning Zumba</td>
<td>Foamer Roller</td>
<td>SilverSneakers® Classic</td>
<td>SilverSneakers® Cardio</td>
<td>SilverSneakers® Cardio</td>
<td>SilverSneakers® Yoga</td>
<td>SilverSneakers® Yoga</td>
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<td>10:15 - 11:10 am</td>
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<td>5:30 - 6:25 pm</td>
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<td>(A) Kelli K.</td>
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<td>(A) Kelli K.</td>
<td>(A) Garret F.</td>
<td>(G) Jennifer B</td>
<td>(A) Natalie J.</td>
<td>(A) Tania M.</td>
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<tr>
<td>SilverSneakers® Classic</td>
<td>Meditation</td>
<td>Mat Pilates Experienced</td>
<td>R.I.P.P.E.D.</td>
<td>Fitness Barre</td>
<td>Power Yoga Plus</td>
<td>Restorative Yoga</td>
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<td>10:45 - 11:30 am</td>
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<td>(A) Garret F.</td>
<td>(A) Jen B.</td>
<td>(A) Ben L.</td>
<td>(A) Angela C.</td>
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<tr>
<td>H.I. Water Running</td>
<td>SilverSneakers® Cardio</td>
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<td>SilverSneakers® Cardio</td>
<td>SilverSneakers® Cardio</td>
<td>SilverSneakers® Classic</td>
<td>Cardio Dance:</td>
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<td>11:00 - 11:45 am</td>
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<td>10:30 - 11:15 am</td>
<td>10:30 - 12:15 pm</td>
<td>10:30 - 12:15 pm</td>
<td>10:45 - 11:30 am</td>
<td>Zumba</td>
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<td>(P) Laurie G.</td>
<td>(G) Theresa C.</td>
<td>(G) Theresa C.</td>
<td>(G) Jen B.</td>
<td>(G) Theresa C.</td>
<td>(G) Ben L.</td>
<td>5:30 - 6:25 pm</td>
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<tr>
<td>Chair Yoga</td>
<td>SilverSneakers® Cardio</td>
<td>Fitness Barre</td>
<td>Chisel Plus</td>
<td>Turbo Kick®</td>
<td>Meditation</td>
<td>Cardio Dance:</td>
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<tr>
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<td>11:30 am - 12:15 pm</td>
<td>5:00 - 5:55 pm</td>
<td>11:30 am - 12:25 pm</td>
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<td>3:15 - 3:45 pm</td>
<td>World Dance</td>
</tr>
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<td>(G) Theresa C.</td>
<td>(A) Ronna R.</td>
<td>(A) Carrie C.</td>
<td>(A) Sarah S.</td>
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<tr>
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<td>Chisel Plus</td>
<td>Circuit Plus</td>
<td>Vinyasa Yoga Plus</td>
<td>Vinyasa Yoga</td>
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<td>5:30 - 6:25 pm</td>
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<td>(A) Carrie C.</td>
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<tr>
<td>Hi Lo</td>
<td>Cardio Dance: Zumba</td>
<td>Step</td>
<td>Pumped!</td>
<td>Cardio Dance: Zumba</td>
<td>WATERinMOTION®</td>
<td>Essential Plates</td>
</tr>
<tr>
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<td>(A) Tania M.</td>
<td>(A) Nicole P.</td>
<td>(G) Jann D.</td>
<td>(A) Laura L./Tyler S.</td>
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<td>7:30 - 8:25 pm</td>
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<td>(A) Bethann B.</td>
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- Receive push notifications for last minute cancelations, exciting promotions or important info you need to know

Group Fitness: (612) 215-4330
M-F 5:30 AM - 11:00 PM
SAT-SUN 7:30 AM - 9:00 PM

Location: (A) = Studio A, (CS) = Spin Studio, (G) = Gym, (P) = Pool, (R. HS Track) = Roosevelt HS Track

[![Download App Store](image_url)](app_store_url)
[![Download Google Play](image_url)](google_play_url)

Eliminating racism
Empowering women

YWCA Minneapolis
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 0
This class is paced for those with chronic fitness 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. 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.

BALLET BARRE
Intensity level 2
Rehape, 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 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 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.

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)
All Levels
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
All Levels
WCAC 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 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.

FITNESS BARRE
Intensity level 2
This upbeat, energetic class focuses on the development of cardiovascular strengthening by utilizing a variety of high- and low-impact movements.

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 restablising 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 postures with some simple breathing exercises. This is a great class to learn basic poses and relaxation techniques, and to become comfortable with yoga.

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

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 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.

IYENGAR YOGA
Intensity level 1
Yoga class exposes students to the practice of yoga and the philosophy of Patanjali Yoga Sutras and Iyengar’s implementation of the Sutras. Suitable for all levels.

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. Please no admittance after meditation has begun.

MYO
Intensity level 2
Ply 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
Intensity level 3
Our most advanced level of yoga, this class may include inversions, arm 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.L.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 Cardiac components, challenging all participants’ fitness and endurance levels.

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

SILVENSNEAKERS® 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.

SILVENSNEAKERS® CLASSIC
Intensity level 1
SilverSneakers® Classic uses hand held weights, resistance 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).

SILVENSNEAKERS® 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® UVE 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 addicting!

VINYASA YOGA
Intensity level 2
Vinyasa yoga means breath-synchronized movement, and consists of a fluid flow of postures following the breath, making it a fun and accessible style of yoga.

WATERBORNMOTION®
Intensity level 2
WATERBORNMOTION® 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!
# Uptown Group Fitness

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

**Free Class Schedule: February 17 - March 29, 2020**

<table>
<thead>
<tr>
<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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<tbody>
<tr>
<td>Hatha Yoga</td>
<td>Pumped!</td>
<td>Cycle 55</td>
<td>Chisel</td>
<td>Cycle H2O</td>
<td>Cycle 75</td>
<td>Cycle 55</td>
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<tr>
<td>6:15 - 7:10 am</td>
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<td>9:00 - 9:55 am</td>
<td>8:15 - 9:30 am</td>
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<tr>
<td>(A) Adam J.</td>
<td>(G) Laurie G.</td>
<td>(B) Diana P.</td>
<td>(A) Stephanie W.</td>
<td>(P) Sharon G.</td>
<td>(B) Lisa B.</td>
<td>(B) Bill M.</td>
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<tr>
<th>Fitness Barre</th>
<th>SilverSneakers® Classic</th>
<th>Pumped!</th>
<th>Circuits</th>
<th>SilverSneakers® Classic</th>
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<tr>
<td>(A) Pat M.</td>
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<td>(G) Aliah H.</td>
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<td>(G) Kim K.</td>
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<td>9:00 - 10:00 am</td>
<td>11:00 - 11:55 am</td>
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<td>(B) Carrie C.</td>
<td>(A) Tara D.</td>
<td>(A) Tara D.</td>
<td>(G) Diana P./Jann D.</td>
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<th>Fit &amp; Tone</th>
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<th>Total Stretch</th>
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<td>1:00 - 2:15 pm</td>
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<td>(A) A.</td>
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<td>10:00 - 10:55 am</td>
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<td>9:00 - 10:00 am</td>
<td>11:00 am - 11:55 am</td>
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<td>(A) Peggy W.</td>
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<td>(G) Marie D.</td>
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<tr>
<td>(A) Marie D.</td>
<td>(G) Jann D.</td>
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</tbody>
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### Location Codes:
- **(A)** Studio A  
- **(B)** Studio B  
- **(C)** Studio C  
- **(G)** Gym  
- **(P)** Pool

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- 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.

#### COMBO H2O
- 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 DE FORCE
- 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 HIIT your way to develop a strong, powerful core and sculpt your entire body. You’ll combine boxing, kickboxing, and Muay Thai techniques with interval training to turn up the calorie burn! All fitness levels are welcome.

#### TOTAL STRETCH
- Beginners are welcome but may have to modify some exercises.

#### VINYASA®
- This cardio dance class is inspired by the dances of Latin America focusing Vinyasa flow to build heat and prep your body for a deep cardiovascular workout.

#### BALLET BARRE
- 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.

#### WATERinMOTION
- This class strengthens the core working the abdominal, oblique and lower back muscles. And you’ll feel the results! All fitness levels are welcome.

#### CHISEL
- This high volume class kicks off with 45 minutes of upbeat, core-strengthening intervals, followed by a strength workout that will take your body to the limit. Strenuous exercises will challenge your core, body and spirit. All levels welcome.

#### SHALLOW CARDIO ‘N’ CORE
- 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.

#### WATERinMOTION
- This 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
- 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 INTERVALS
- 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 ZUMBA H2O
- Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn’t miss! There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

#### BALLET BARRE
- Rehash, 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.

#### BEATZ & CHILL YOGA
- This high volume class kicks off with 45 minutes of upbeat, core-focused Vinyasa flow to build heat and prep your body for a deep stretch and meditation.

#### CARDIO DANCE: LATIN
- 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
- This is Zumba! Taught by Zumba certified instructors using Zumba music tracks and choreography. All fitness levels are welcome!

#### CHISEL
- Weight training and resistance work are a must to lose fat, burn calories, and build muscle. All fitness levels are welcome.

#### CIRCUIT
- 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 H2O
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