

















## YWCA LIVE! VIRTUAL CLASS SCHEDULE: BEGINNING JANUARY 3, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Vinyasa Yoga</b> 7:00 - 8:00 am Jana H. 	<b>HIIT Plus</b> 7:15 - 7:45 am Stephanie W.	<b>Cardio Kick</b> 6:30 - 7:30 am Sarah S.	<b>Bodyweight Bootcamp</b> 7:00 - 7:45 am Wendy T.	<b>Meditation</b> 8:45 - 9:15 am Deanna R. 	<b>Circuit</b> 9:00 - 10:00 am EG N.	<b>Vinyasa Yoga</b> 9:00 - 10:00 am Judy A. 
	<b>Vinyasa Yoga</b> 9:00 - 10:00 am Michelle S. 	<b>Mat Pilates</b> 10:00 - 11:00 am Kelli K. 	<b>Hatha Yoga</b> 9:00 - 10:00 am Celia M. 	<b>Cardio Plus</b> 9:30 - 10:15 am Theresa C.	<b>Vinyasa Yoga</b> 10:30 - 11:30 am Rikyrah S. 	<b>Cardio Kick</b> 10:30 - 11:30 am Stephanie W.
<b>Gentle Yoga</b> 12:00 - 1:00 pm Jana H. 	<b>Cardio Plus</b> 12:00 - 12:45 pm Theresa C.	<b>Chisel Plus</b> 12:00 - 12:45 pm Tara D.	<b>Fitness Barre</b> 12:00 - 12:45 pm Kelli K.	<b>Chisel Plus</b> 12:00 - 12:45 pm Renee W.	<b>Mat Pilates</b> 12:00 - 1:00 pm Bethann B. 	
<b>R.I.P.P.E.D.</b> 5:30 - 6:30 pm Tara D.			<b>Core Plus</b> 5:00 - 5:45 pm Ronna R.			
	<b>Strength and Stretch</b> 6:00 - 7:00 pm Renee W. 		<b>Family Dance Party</b> 6:00 - 6:30 pm Ronna R. <i>(begins Jan. 27)</i>			
	<b>Meditation</b> 7:15 - 7:45 pm Deanna R. 	<b>Vinyasa Yoga</b> 7:00 - 8:00 pm Mary M. 	<b>Zumba</b> 6:00 - 7:00 pm Tania M.			
				 <b>Mind/Body</b>		 <b>Cycle</b>



Registration required 15-minutes prior to start time. Links are sent via email from [kklein@ywcamppls.org](mailto:kklein@ywcamppls.org)

Classes, descriptions and updates are available on the YWCA Schedules app or online at [ywcamppls.org/ywcalive](https://ywcamppls.org/ywcalive)

Updates will be sent via email to registered participants.

eliminating racism  
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Minneapolis