



YWCA LIVE! VIRTUAL CLASS SCHEDULE: BEGINNING MAY 16, 2022

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



Registration required 15-minutes prior to start time. Links are sent via email from kklein@ywcamppls.org

Classes, descriptions and updates are available on the YWCA Schedules app or online at ywcamppls.org/ywcalive
Updates will be sent via email to registered participants.

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