



YWCA LIVE! VIRTUAL CLASS SCHEDULE: BEGINNING JULY 11, 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.	Strength and Stretch 6:00 - 7:00 pm Renee W. 🌿		Core Plus 5:00 - 5:45 pm Ronna R.			
	Meditation 7:15 - 7:45 pm Deanna R. 🌿		Zumba 6:00 - 7:00 pm Tania M.			

🌿 Mind/Body

🚲 Cycle



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

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

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