



***REPLAY
YWCA Live!
Classes**

YWCA LIVE! VIRTUAL CLASS SCHEDULE: BEGINNING NOVEMBER 14, 2022

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|---|---|---|
| | 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 8:30 - 9:00 am Deanna R. 🌿 | HIIT Plus 9:30 - 10:15 am EG N. | Vinyasa Yoga 9:00 - 10:00 am Judy A. 🌿 |
| | Vinyasa Yoga 9:00 - 10:00 am Michelle S. 🌿 | Cardio Plus 11:00 - 11:45 am Diana P. | Hatha Yoga 8:30 - 9:30 am Dallas R. 🌿 | Cardio Plus 9:30 - 10:15 am Theresa C. | Vinyasa Yoga 10:30 - 11:30 am Erin W. 🌿 | |
| Gentle Yoga 12:00 - 1:00 pm Jana H. 🌿 | | Chisel Plus 12:00 - 12:45 pm Tara D. | Fitness Barre 12:15 - 1:00 pm Susan W. | 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 & Stretch 6:00 - 7:00 pm Renee W. 🌿 | | Mat Pilates 5:00 - 5:45 pm Ronna R. 🌿 | | | |
| | Meditation 7:15 - 7:45 pm Deanna R. 🌿 | | Zumba 6:00 - 7:00 pm Tania M. | | | |

***REPLAY YWCA Live! classes:** Click 'Join Class' any time you are ready for fitness.
Classes and schedules vary. (Must allow POP UPS on your browser to view recordings.)

🌿 **Mind/Body**

🚴 **Cycle**



Registration required 15-minutes prior to start time. Links are sent via email from **YWCA Minneapolis (no_response@groupexpro.com)**.

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.

**eliminating racism
empowering women**
ywca
Minneapolis