

DOWNTOWN CLASS SCHEDULE: BEGINNING MONDAY, JAN. 16

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Cycle 45 6:30 - 7:15 am (A) Lisa S.			
Restorative Yoga 8:30 - 9:45 am (A) Dana B.	Water Fitness 9:00 - 9:45 am (P) Kate C.		Water Fitness 9:00 - 9:45 am (P) Kate C.			
	SilverSneakers Classic 10:00 - 10:45 am (A) Tara D.		SilverSneakers Yoga 10:00 - 10:45 am (A) Jana H.	Cardio Plus 10:00 - 10:45 am (A) Shelli P.	Water Fitness 10:15 - 11:00 am (P) Rose B.	

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Aqua Zumba 10:45 - 11:30 am (P) Susan W.		Gentle Flow Yoga 11:30 am-12:30 pm (A) Dana B.	NEW Hatha Yoga 11:00 am-12:00 pm (A) Jana H.			
NEW Senior Strength & Form 12:00 - 12:45 pm (A) Susan W.				NEW Boot Camp 12:00 - 12:45 pm (L) Clint C.		

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		Water Fitness 5:30 - 6:15 pm (A) Donna M.				
		Circuit 6:00 - 6:45 pm (A) Jake F.				

What's New?

Small Group Training is back! Try a class today.
Purchase your program pass at the Member Services Desk.
Scan the QR code to learn more or visit ywcamppls.org/sgt



Group Fitness classes are included in your membership!
NEW Hatha Yoga | Thursdays at 11:00 am

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Gym Location Gym: (A) = Studio A, (C) = Cycle Studio, (P) = Pool, (G) = Gym, (T) = Upper Track
 Water Fitness Mind/Body Cycle Aqua Music **Small Group Training (\$\$)**

Registration is required due to class size limitations. Updates will be sent via email to registered participants.
Classes, descriptions and updates are available on the YWCA Schedules app or online at ywcamppls.org/schedules.