



**YWCA LIVE! VIRTUAL CLASS SCHEDULE: BEGINNING MONDAY, JAN. 16**

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

\*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.)

Registration is 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 [ywcamppls.org/ywcalive](http://ywcamppls.org/ywcalive).

Updates will be sent via email to registered participants.



eliminating racism  
empowering women  
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Minneapolis