

UPTOWN CLASS SCHEDULE: BEGINNING MONDAY, JAN. 16

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| Vinyasa Yoga 7:00 - 8:00 am (A) Greg H. 🌱 | | NEW Cardio Kick 6:30 - 7:30 am (C) Sarah S. | NEW Bodyweight Bootcamp 7:00 - 7:45 am (C) Wendy T. | | | |
| Chisel 9:30 - 10:00 am (A) Carrie C. | | Cardio & Core 9:15 - 10:00 am (A) Renee W. | SilverSneakers Cardio 9:30 - 10:15 am (G) Shelli P. | Vinyasa Yoga 9:00 - 10:00 am (A) Dallas R. 🌱 | PUMPED! 9:15 - 10:15 am (G) Kim K. | R.I.P.P.E.D 9:00 - 10:00 am (A) Sarah S. |
| Cycle 45 10:15 - 11:00 am (G) Carrie C. 🚲 | SilverSneakers Yoga 10:00 - 10:45 am (A) Jana H. 🌱 | Water Fitness 10:15 - 11:00 am (P) Shelli P. 🌊 | R.I.P.P.E.D 9:30 - 10:30 am (A) Tara D. | | INSANITY 10:30 - 11:30 am (G) Regina A. | Cycle 45 10:15 - 11:00 am (G) Diana P. 🚲 |
| | | Cycle 45 10:15 - 11:00 am (G) Carrie C. 🚲 | | Water Fitness 10:45 - 11:30 am (P) Tara D. 🌊 | | |

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|--|------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------|--|--|-----------------------------------------------------------------|
| | Vinyasa Yoga 11:00 am - 12:00 pm (A) Jana H. 🌱 | | Total Stretch 11:00 - 11:45 am (A) Susan W. | | | Pumped! Express 11:15 am - 12:00 pm (G) Diana P. |
| | | Mat Pilates Essential 12:30 - 1:30 pm (A) Bethann B. 🌱 | NEW pfiAates 12:30 - 1:15 pm (A) Susan W. 🧑🏻🧑🏻🧑🏻 | | | |
| | | | | | | NEW Restorative Yoga 2:00 - 3:15 pm (A) Staff 🌱 |

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| NEW R.I.P.P.E.D 5:30 - 6:30 pm (C) Tara D. | INSANITY Express 5:45 - 6:30 pm (A) Regina A. | NEW Boot Camp 5:30 - 6:15 pm (G) Clint C. 🧑🏻🧑🏻🧑🏻 | | | | |
| PUMPED! 6:00 - 7:00 pm (G) Kim K. | Cycle 45 6:00 - 6:45 pm (G) Bethann B. 🚲 | Vinyasa Yoga 5:30 - 6:30 pm (A) Kelly M. 🌱 | | | | |
| Restorative Yoga 7:00 - 8:15 pm (A) Mary E. 🌱 | Fitness Barre 6:45 - 7:30 pm (A) Susan W. | Zumba 7:00 - 8:00 pm (A) Margo S. | Vinyasa Yoga 7:00 - 8:00 pm (A) Judy A. 🌱 | | | |

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 ywcampsls.org/sgt



Group Fitness classes are included in your membership!

NEW R.I.P.P.E.D | Mondays at 5:30 pm

NEW Cardio Kick | Wednesday at 6:30 am

NEW Bodyweight Bootcamp | Thursdays at 7:00 am

NEW Restorative Yoga | Sundays at 2:00 pm

eliminating racism
empowering women
ywca
Minneapolis



Gym Location Key: (A) = Studio A, (C) = Studio C, (P) = Pool, (G) = Gym



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 ywcampsls.org/schedules.