

# DOWNTOWN CLASS SCHEDULE: BEGINNING MONDAY, MARCH 13

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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.	Hatha Yoga 11:00 am-12:00 pm (A) Donna A.			
Senior Strength & Form 12:00 - 12:45 pm (A) Susan W.				Boot Camp 12:00 - 12:45 pm (L) Clint C.		

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		Water Fitness 5:30 - 6:15 pm (A) Donna M.				
	NEW Vinyasa Yoga 5:30 - 6:30 pm (A) Ashley T.	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](http://ywcamppls.org/sgt)



Group Fitness classes are included in your membership!  
**NEW** Vinyasa Yoga | Tuesdays at 5:30 pm

eliminating racism  
empowering women  
**ywca**  
Minneapolis



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](http://ywcamppls.org/schedules).