



***REPLAY
YWCA Live!
Classes**

YWCA LIVE! VIRTUAL CLASS SCHEDULE: BEGINNING MONDAY, March 13

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NEW Vinyasa Yoga 7:00 - 8:00 am Greg H. ✨	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. ✨
	Gentle Flow Yoga 9:00 - 10:00 am Michelle S. ✨	Cardio Plus 11:00 - 11:45 am Diana P.	Hatha Yoga 8:30 - 9:30 am Dana B. ✨	Cardio Plus 9:30 - 10:15 am Theresa C.	NEW Hatha Yoga 10:30 - 11:30 am Donna A. ✨	
NEW Chisel 12:00-12:30 pm Tara D.		Chisel Plus 12:00 - 12:45 pm Tara D.	NEW Stretch Roll & Restore 11:00-11:45 am 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. ✨					
	Meditation 7:15 - 7:45 pm Deanna R. ✨		Zumba 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.

Updates will be sent via email to registered participants.



eliminating racism
empowering women
ywca
Minneapolis