

# DOWNTOWN CLASS SCHEDULE: BEGINNING MONDAY, MAY 8

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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 10:15 - 11:00 am (A) Kate C.		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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<b>NEW</b> Water Fitness 5:30 - 6:15 pm (A) Donna M.	Vinyasa Yoga 5:30 - 6:30 pm (A) Ashley T.	<b>NEW</b> Circuit 5:15 - 5:45 pm (A or G) Jake F.				
		Yoga on Peavy Plaza <b>Begins May 24</b> 5:45 - 6:45 pm (PP) Ashley T.	<b>NEW</b> Zumba 5:45 - 6:45 pm (A) Susan W.			

## What's New?

Outdoor Yoga on Peavey Plaza begins 5:45 pm every Wednesday.  
Open to members and non-members. Bring your friends! Classes move indoors in case of poor weather.

NEW Water Fitness | Mondays at 5:30pm  
NEW Circuit | Wednesdays at 5:15 pm  
NEW Zumba | Thursdays at 5:45 pm

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Gym Location Gym: (A) = Studio A, (C) = Cycle Studio, (P) = Pool, (G) = Gym, (PP) = Peavey Plaza  
 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).