

# Group Fitness Schedules

## FREE IN-PERSON CLASS SCHEDULE: BEGINNING SATURDAY, MAY 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Water Fitness</b> 6:30 - 7:15 am (P) Kate C.	<b>PUMPED! Express</b> 6:15 - 7:00 am (G) Meredith M.	<b>Water Fitness</b> 6:30 - 7:15 am (P) Kate C.			
	<b>HIIT Plus</b> 7:00 - 7:45 am (B) Stephanie W.	<b>Cycle 45</b> 6:30 - 7:15 am (C) Brooke D.	<b>Circuit</b> 7:00 - 7:45 am (A) Alison G.		<b>Cycle 60</b> 7:45 - 8:45 am (C) Joe E.	
			<b>Running Intervals</b> 7:00 - 8:00 am (MSC) Laurie G.			<b>R.I.P.P.E.D</b> 8:30 - 9:30 am (A) Sarah S.
	<b>Gentle Flow Yoga</b> 9:00 - 10:00 am (B) Michelle S.	<b>Water Fitness</b> 9:05 - 9:50 am (P) Kate C.	<b>Water Fitness</b> 9:05 - 9:50 am (P) Susan W.		<b>PUMPED!</b> 9:00 - 10:00 am (G) Sarah S.	
<b>Circuit</b> 9:30 - 10:15 am (A) Alison G.	<b>Water Fitness</b> 9:05 - 9:50 am (P) Susan W.	<b>Cardio &amp; Core</b> 9:30 - 10:15 am (A) Renee W.	<b>Gentle Flow Yoga</b> 9:00 - 10:00 am (A) Ash T.		<b>Resume 5/11 Vinyasa Yoga</b> 9:00 - 10:00 am (A) Donna A.	<b>Cycle 45</b> 9:00 - 9:45 am (C) Joe E.
<b>Time Change Cycle 45</b> 10:15 - 11:00 am (C) Carrie C.	<b>SilverSneakers Cardio</b> 9:30 - 10:15 am (G) Theresa C.	<b>PUMPED!</b> 9:30 - 10:30 am (G) Diana P.	<b>Time Change Cycle 45</b> 10:15 - 11:00 am (C) Carrie C.	<b>PUMPED! Express</b> 9:30 - 10:15 am (G) Diana P.	<b>Core Fit</b> 10:30 - 11:00 am (A) EG. N.	<b>HIIT &amp; Chisel</b> 10:00 - 11:00 am (A) Renee W.
<b>Water Fitness</b> 10:30 - 11:15 am (P) Shelli P.	<b>SilverSneakers Cardio</b> 10:30 - 11:15 am (G) Theresa C.	<b>SilverSneakers Yoga</b> 10:30 - 11:15 am (A) Dallas R.	<b>Zumba</b> 10:15 - 11:15 am (A) Susan W.	<b>Cardio &amp; Core</b> 10:30 - 11:15 am (A) Renee W.	<b>Every 1st Saturday Zumba</b> 10:30 - 11:30 am (G) Instructors	<b>Water Fitness</b> 10:30 - 11:15 am (P) Patty M.
<b>Hatha Yoga</b> 10:30 - 11:30 am (A) Dana B.		<b>New Cardio Plus</b> 11:00 - 11:45 am (B) Diana P.	<b>SilverSneakers Cardio</b> 10:30 - 11:15 am (G) Theresa C.			
<b>Cardio Plus</b> 11:45 am - 12:30 pm (A) Shelli P.			<b>Stretch Roll &amp; Restore</b> 10:30 - 11:15 am (B) Ash T.			
<b>SilverSneakers Yoga</b> 1:00 - 1:45 pm (A) Jana H.			<b>Chisel Plus</b> 11:30 am - 12:30 pm (A) Carrie C.	<b>Chair Yoga</b> 11:30 am - 12:15 pm (A) Dana B.	<b>Bodyweight Bootcamp</b> 11:15 am - 12:05 pm (A) Regina A.	<b>Vinyasa Yoga</b> 11:15 am - 12:15 pm (A) Renee W.
<b>Cycle 45</b> 5:15 - 6:00 pm (C) Lydia D.	<b>Vinyasa Yoga</b> 12:00 - 1:00 pm (A) Preethi S.	<b>Mat Pilates Essential</b> 12:00 - 1:00 pm (A) Bethann B.		<b>Vinyasa Yoga</b> 1:30 - 2:30 pm (A) Jana H.		<b>Restorative Yoga</b> 2:00 - 3:15 pm (A) Ash T.
<b>Vinyasa Yoga</b> 5:30 - 6:30 pm (A) Dallas R.	<b>Yoga Lab</b> 5:30 - 6:30 pm (A) Judy A.	<b>R.I.P.P.E.D</b> 5:30 - 6:30 pm (A) EG N.		<b>Vinyasa Yoga</b> 5:30 - 6:30 pm (A) Vanessa W-M.		<b>Mindful Strength &amp; Yoga</b> 4:00 - 5:00 pm (B) Donna A.
<b>Bodyweight Bootcamp</b> 5:45 - 6:30 pm (B) Regina A.	<b>Cycle 45</b> 6:00 - 6:45 pm (C) Bethann B.		<b>Cycle 45</b> 6:00 - 6:45 pm (C) Joe E.			
<b>Pumped!</b> 6:00 - 7:00 pm (G) Meredith M.	<b>Zumba</b> 6:45 - 7:45 pm (A) Margo S.		<b>Water Intensity</b> 6:30 - 7:15 pm (P) Patty M.			
<b>New R.I.P.P.E.D</b> 6:45 - 7:45 pm (A) Tara D.			<b>Gentle Flow Yoga</b> 7:00 - 8:00 pm (B) Kelly M.			
<b>LeBlast(R) Splash</b> 7:00 - 7:45 pm (P) Donna M.		<b>Vinyasa Yoga</b> 7:00 - 8:00 pm (A) Jenna R.N.				

Hybrid (in-person and virtual) Classes. Limited number of spots available in-person. Registration required.

Saturday's Zumba class will occur every first Saturday of the month.

**Location:** (A) = Studio A, (C) = Cycle Studio, (P) = Pool, (G) = Gym, (MSC) = Minneapolis Sports Center, (B) = Virtual Studio

**Water Fitness**      **Cycle**

**Mind/Body**      **Aqua Music**



Registration 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 [ywcamps.org/schedules](https://ywcamps.org/schedules). Explore our Virtual Classes (YWCA Live!, REPLAY, and On Demand)! Perfect for those hectic days when you can't make it to the gym. [ywcamps.org/virtual](https://ywcamps.org/virtual)