

# Morning Offerings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9:30 AM <b>WATER AEROBICS</b> Bob INDOOR POOL	8:30 – 9:30 AM <b>WATER AEROBICS</b> Pat INDOOR POOL	8:30 – 9:30 AM <b>WATER AEROBICS</b> Pat INDOOR POOL	8:30 – 9:30 AM <b>WATER AEROBICS</b> Cindy INDOOR POOL	8:30 – 9:30 AM <b>WATER AEROBICS</b> Bob INDOOR POOL	8:15 – 9 AM <b>AQUA ZUMBA®</b> James INDOOR POOL	10:30 – 11:30 AM <b>LIFT N PUMP</b> Laurie WEST STUDIO
8:30 – 9:30 AM <b>INTERMEDIATE YOGA</b> Debbie VIRTUAL	9 – 9:45 AM <b>TAI CHI</b> Colin/Teri VIRTUAL	9 – 9:55 AM <b>BARRE</b> Jordan WEST STUDIO	9 – 9:45 AM <b>TAI CHI</b> Colin VIRTUAL	8:30 – 9:30 AM <b>INTERMEDIATE YOGA</b> Debbie VIRTUAL	10 – 10:45 AM <b>XABEAT</b> LaChel WEST STUDIO	11 AM – NOON <b>INTERMEDIATE YOGA</b> Deborah U VIRTUAL
9 – 9:45 AM <b>BETTER BONES</b> Julie VIRTUAL	9:30 – 10:30 AM <b>MAT PILATES</b> Linda WEST STUDIO	9:30 – 10:10 AM <b>BALANCE &amp; MOBILITY</b> Chris VIRTUAL	9:30 – 10:30 AM <b>MAT PILATES</b> Cindy WEST STUDIO	8:30 – 9:30 AM <b>YOGA SCULPT</b> Jody WEST STUDIO	11 – NOON <b>SILVER SNEAKERS</b> Bob VIRTUAL	11 AM – NOON <b>XABEAT</b> Heather VIRTUAL
10 – 10:40 AM <b>CHAIR STRETCH</b> Chris VIRTUAL	10 – 10:45 AM <b>SILVER SNEAKERS CHAIR YOGA</b> Lori VIRTUAL	10 – 11 AM <b>FOREVER FIT +</b> Jim WEST STUDIO	10 – 10:40 AM <b>CHAIR STRETCH</b> Chris VIRTUAL	9 – 9:45 AM <b>BETTER BONES</b> Julie VIRTUAL	11 AM – NOON <b>YOGA</b> Deborah U VIRTUAL	
10 – 11 AM <b>FOREVER FIT</b> Jim WEST STUDIO	11 – 11:50 AM <b>HATHA YOGA</b> Victoria WEST STUDIO	11 AM – NOON <b>SILVER SNEAKERS</b> Cindy VIRTUAL	11 – 11:45 AM <b>XABEAT</b> Heather VIRTUAL	9:15 – 10 AM <b>FOREVER FIT +</b> Jim VIRTUAL		
11 – 11:45 AM <b>SILVER SNEAKERS</b> Mike VIRTUAL	NOON – 1 PM <b>GUIDED MEDITATION</b> Victoria WEST STUDIO	11:15 AM – NOON <b>TAI CHI</b> Teri WEST STUDIO	11 – NOON <b>YOGA</b> Cindy WEST STUDIO	10 – 11 AM <b>DANCE!</b> Shira WEST STUDIO		
11:15 AM – NOON <b>SILVER SNEAKERS</b> Jim WEST STUDIO			11:15 AM – NOON <b>SILVER SNEAKERS 50/50</b> Bob AUDITORIUM	11 – 11:45 AM <b>CORE STRENGTH</b> Ronna VIRTUAL		
				11 – 11:45 AM <b>SILVER SNEAKERS</b> Mike VIRTUAL		
				11:15 AM – NOON <b>SILVER SNEAKERS CLASSIC</b> Shira WEST STUDIO	Questions? Contact Jordan Heikens at 651.255.4748 or <a href="mailto:jordanh@minnesotajcc.org">jordanh@minnesotajcc.org</a>	



## Afternoon & Evening Offerings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 – 5 PM <b>GROUP COACHING \$\$</b> Hannah <b>WEST STUDIO</b>	4 – 5 PM <b>GROUP COACHING \$\$</b> Hannah <b>WEST STUDIO</b>	4 – 5 PM <b>GROUP COACHING \$\$</b> Hannah <b>WEST STUDIO</b>	4 – 5 PM <b>GROUP COACHING \$\$</b> Hannah <b>WEST STUDIO</b>	4 – 5 PM <b>GROUP COACHING \$\$</b> Hannah <b>WEST STUDIO</b>		4 – 5:15 PM <b>ENERGY YOGA</b> Yelena <b>WEST STUDIO</b>
	4:30 – 5:30 PM <b>GENTLE YOGA</b> Ronna <b>VIRTUAL</b>	4:30 – 5:30 PM <b>YOGA</b> Debbie C <b>VIRTUAL</b>	5 – 5:45 PM <b>OULA</b> Robyn <b>WEST STUDIO</b>			
	5 – 5:45 PM <b>XABEAT</b> LaChel <b>WEST STUDIO</b>	5:30 – 6:45 PM <b>ENERGY YOGA</b> Yelena <b>WEST STUDIO</b>	6 – 7 PM <b>LIFT N PUMP</b> Laurie <b>WEST STUDIO &amp; VIRTUAL</b>			
	6 – 7 PM <b>LIFT N PUMP</b> Laurie <b>WEST STUDIO &amp; VIRTUAL</b>	6:45 – 7:30 PM <b>BARRE</b> Ronna <b>VIRTUAL</b>				

