

Morning Offerings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9:30 AM WATER AEROBICS Bob INDOOR POOL	8:30 – 9:30 AM WATER AEROBICS Pat INDOOR POOL	8:30 – 9:30 AM WATER AEROBICS Pat INDOOR POOL	8:30 – 9:30 AM WATER AEROBICS Cindy INDOOR POOL	8:30 – 9:30 AM WATER AEROBICS Bob INDOOR POOL	9 – 9:50 AM CYCLE Donna WEST STUDIO	9 – 9:45 AM ZUMBA Deanne WEST STUDIO
8:30 – 9:30 AM POUND Mike L WEST STUDIO	9:30 – 10:30 AM MAT PILATES Linda EAST STUDIO	8:30 – 9:15 AM BARRE Jordan EAST STUDIO	9:30 – 10:30 AM MAT PILATES Cindy EAST STUDIO	8:30 – 9:30 AM POWER VINYASA Jody EAST STUDIO	10 – 10:45 AM XABEAT LaChel WEST STUDIO	10:30 – 11:30 AM LIFT N PUMP Laurie WEST STUDIO
10 – 10:45 AM FOREVER FIT Jim WEST STUDIO		9:30 – 10:10 AM BALANCE & MOBILITY Chris VIRTUAL & EAST STUDIO	11 – NOON GENTLE YOGA Cindy EAST STUDIO	10 – 10:45 AM DANCE! Shira WEST STUDIO	11 AM – NOON YOGA Deborah U VIRTUAL & EAST STUDIO	11 AM – NOON YOGA Deborah U VIRTUAL & EAST STUDIO
10 – 10:50 AM HATHA YOGA Victoria EASTSTUDIO		10 – 11 AM FOREVER FIT + Jim WEST STUDIO	11:15 AM – NOON SILVER SNEAKERS 50/50 Bob AUDITORIUM	11 – 1:45 AM CORE STRENGTH Ronna VIRTUAL & EAST STUDIO		
11 – 11:45 AM SILVER SNEAKERS Jim WEST STUDIO		11:15 AM – NOON TAI CHI Teri EAST STUDIO		11 – 11:45 AM SILVER SNEAKERS Shira WEST STUDIO		
					Questions? Contact Jordan at 651.255.4748 or jordanh@minnesotajcc.org	



