Health & Wellness

GROUP EX

Minnesota JCC Sabes Center Minneapolis



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		

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Afternoon & Evening Offerings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOON – 12:45 PM CYCLE EXPRESS Victoria WEST STUDIO	NOON – 12:45 PM STEP + CORE STRENGTH Diana WEST STUDIO	5:30 – 6:45 PM ENERGY YOGA Yelena EAST STUDIO	12:15 – 1:15 PM FELDENKRAIS Krista & Jeffrey EAST STUDIO	NOON – 12:45 PM CYCLE EXPRESS Victoria WEST STUDIO		4 – 5:15 PM ENERGY YOGA Yelena WEST STUDIO
1 – 1:45 PM YIN YOGA & MEDITATION Victoria EAST STUDIO	4 – 5 PM GENTLE YOGA Ronna VIRTUAL & EASTSTUDIO	5:30 – 6:30 PM ZUMBA Deanne WEST STUDIO	5 – 5:45 PM CYCLE EXPRESS Diana WEST STUDIO	NOON – 12:45 PM MIND/BODY/ RECOVERY Ronna EASTSTUDIO		
2 - 3 PM YOGA LAB Victoria EAST STUDIO	5 - 5:45 AM XABEAT LaChel WEST STUDIO		5:30 – 6:30 PM OULA ONE Robyn EAST STUDIO	1 – 1:45 PM YIN YOGA & MEDITATION Victoria EAST STUDIO		
5:30 – 6:30 PM CYCLE Donna WEST STUDIO	5:15 – 6 PM BARRE Ronna VIRTUAL & EASTSTUDIO		6 – 7 PM LIFT N PUMP Laurie WEST STUDIO & VIRTUAL			
6 – 7 PM POWER VINYASA Rene EAST STUDIO	6 - 7 PM LIFT N PUMP Laurie WEST STUDIO & VIRTUAL					