



YMCA Camp Widjiwagan | May 19th - May 25th

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Ridgedale YMCA - Minnetonka | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ARC CPR for the Professional Rescuer (1 Year) - Challenge 5/20 9:00 AM-12:00 PM Register		9:00AM-12:00PM (ARC CPR for the Professional Rescuer (1 Year) - Challenge)					
BodyPump™ Studio B			9:00AM-10:00AM (Strength) <i>Ruth K.</i>	5:00PM-6:00PM (Cardio & Strength Combo) <i>Daniela H.</i>		9:00AM-10:00AM (Strength) <i>Ruth K.</i> 10:30AM-11:30AM (Strength) <i>John R.</i>	
Salsa Splash Pool REGISTER			9:00AM-9:45AM (Water Exercise) <i>Carole H.</i>				
Group Active Studio A			9:30AM-10:30AM (Cardio & Strength Combo) <i>Alyssa R.</i>				
ForeverWell Combo Gym			10:00AM-11:00AM (55+) <i>Anne T.</i>				
Water Tabata Pool REGISTER			10:00AM-10:45AM (Water Exercise) <i>Carole H.</i>		10:15AM-11:00AM (Water Exercise) <i>Debi W.</i>		
Nia Studio C			10:15AM-11:15AM (Dance) <i>Liz A.</i>				
ForeverWell Water X Pool REGISTER			11:15AM-12:00PM (Water Exercise) <i>Abbi R.</i>		11:15AM-12:00PM (Water Exercise) <i>Deb C.</i>		
Yoga Studio C			12:00PM-1:00PM (Pilates & Yoga) <i>Camilla H.</i>		5:00PM-6:15PM (Pilates & Yoga) <i>Beth H.</i>		3:15PM-4:30PM (Pilates & Yoga) <i>Beth H.</i>
Studio Combo Studio A			5:00PM-6:00PM (Cardio & Strength Combo) <i>Cathleen C.</i>				
BodyPump™ Studio B			6:10PM-7:10PM (Strength) <i>John R.</i>	9:30AM-10:30AM (Strength) <i>Abbie S.</i>	4:45PM-5:45PM (Cardio & Strength Combo) <i>Brittany H.</i>		10:35AM-11:35AM (Strength) <i>Clarence W.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Latin Hip Hop Studio A			6:15PM-7:15PM (Dance) <i>Teresa B.</i>				
Group Centergy Studio A				9:00AM-10:00AM (Pilates & Yoga) <i>Camilla H.</i>			
Arthritis Water Exercise Pool REGISTER				9:00AM-9:45AM (Water Exercise) <i>Debi W.</i>			
SilverSneakers™ Classic Studio C				9:30AM-10:15AM (55+) <i>Molly S.</i>			
Line Dancing Studio A				10:00AM-10:55AM (Dance) <i>Colette I.</i>			
SilverSneakers™ Circuit Studio C				10:30AM-11:15AM (55+) <i>Kim C.</i>			
Gentle Yoga Studio B				11:00AM-12:00PM (Pilates & Yoga) <i>Ellen S.</i>			
ForeverWell Yoga Studio C				11:25AM-12:10PM (55+) <i>Kim C.</i>			
Gyrokinesis Studio A REGISTER				11:30AM-12:30PM (Pilates & Yoga) <i>Pat S.</i>			
Yoga Studio B				12:15PM-1:30PM (Pilates & Yoga) <i>Brenda S.</i>			
HIIT Studio A				4:45PM-5:30PM (Cardio) <i>Elizabeth L.</i>			
Cardio Bounce Studio C REGISTER				5:00PM-6:00PM (Cardio) <i>Ruth K.</i>		10:15AM-11:15AM (Cardio) <i>Ruth K.</i>	
Group Fight Studio A				6:00PM-7:00PM (Cardio) <i>Teresa B.</i>			
Group Power Studio B					8:00AM-9:00AM (Strength) <i>Bill E.</i>		
Mat Pilates Studio C					9:00AM-10:00AM (Pilates & Yoga) <i>Ellen S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Exercise Power Pool REGISTER					9:00AM-10:00AM (Water Exercise) <i>Debi W.</i> 5:15PM-6:15PM (Water Exercise) <i>Deb C.</i>		12:00PM-1:00PM (Water Exercise) <i>Carole H.</i>
Cardio Studio A					9:15AM-10:00AM (Cardio) <i>Abbie S.</i>		
ForeverWell Cardio Gym					10:00AM-11:00AM (55+) <i>Anne T.</i>		
Cardio Dance Studio A					10:10AM-11:10AM (Dance) <i>Elyse M.</i> 6:00PM-7:00PM (Dance) <i>Brittany H.</i>		
Cardio Bounce/ Stretch Studio C REGISTER					10:15AM-11:15AM (Cardio) <i>Ruth K.</i>		
Gentle Yoga Studio C					12:00PM-1:00PM (Pilates & Yoga) <i>Camilla H.</i>		
Yoga Flow Studio C						8:30AM-9:30AM (Pilates & Yoga) <i>Ellen S.</i>	
Water Exercise Pool REGISTER						9:00AM-10:00AM (Water Exercise) <i>Deb C.</i>	
HIIT Studio A						9:15AM-10:00AM (Cardio & Strength Combo) <i>Bill E.</i>	
Latin Hip Hop Studio A						10:30AM-11:30AM (Dance) <i>Teresa B.</i>	
Group Centergy Studio C							10:30AM-11:30AM (Pilates & Yoga) <i>Colette I.</i>
Oula™ Studio A							10:30AM-11:30AM (Dance) <i>Laura O.</i>
Group Blast Studio B							1:00PM-2:00PM (Cardio) <i>Amanda B.</i>



Hudson YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Studio 1			5:10AM-5:55AM (Cardio & Strength Combo) <i>Elizabeth S.</i>		5:10AM-5:55AM (Cardio & Strength Combo) <i>Ann P.</i>		
Group Cycle Studio 3			5:30AM-6:15AM (Cardio) <i>Gerry B.</i>		7:00AM-7:45AM (Cardio) <i>Gerry B.</i>		
Group Fight Studio 1			6:00AM-7:00AM (Cardio & Strength Combo) <i>Carey P.</i>				
Mat Pilates Studio 1			8:00AM-8:50AM (Pilates & Yoga) <i>Cindy D.</i>	9:15AM-10:00AM (Pilates & Yoga) <i>Hallie H.</i>			
ForeverWell Water X Lap Pool			8:10AM-8:55AM (Water Exercise) <i>Patty S.</i>	7:30AM-8:15AM (Water Exercise) <i>Joan S.</i>	7:30AM-8:15AM (Water Exercise) <i>Patty S.</i>		
SilverSneakers™ Classic Studio 2			8:15AM-9:00AM (55+) <i>Joanne H.</i> 10:15AM-11:00AM (55+) <i>Joanne H.</i>				
Water Exercise Lap Pool			9:00AM-10:00AM (Water Exercise) <i>Julie L.</i>			8:10AM-8:55AM (Water Exercise) <i>Nicole B.</i>	
Group Blast Studio 1			9:15AM-10:15AM (Cardio) <i>Lesley B.</i>		9:15AM-10:15AM (Cardio) <i>Lesley B.</i>	8:10AM-9:05AM (Cardio) <i>Cheryl S.</i>	
SilverSneakers™ Yoga Studio 2			9:15AM-10:00AM (55+) <i>Joanne H.</i>				
Group Cycle Studio 3			9:15AM-10:00AM (Cardio) <i>Cindy D.</i> 5:15PM-6:00PM (Cardio) <i>Cheryl S.</i>	9:15AM-10:00AM (Cardio) <i>Vanessa B.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyPump™ Studio 1			10:30AM-11:30AM (Strength) <i>Lesley B.</i> 6:15PM-7:15PM (Strength) <i>Elizabeth S.</i>	5:10AM-6:10AM (Strength) <i>Kathy N.</i> 4:45PM-5:45PM (Strength) <i>Mandy S.</i>	10:30AM-11:30AM (Strength) <i>Lesley B.</i> 4:00PM-5:00PM (Strength) <i>Carey P.</i>		8:15AM-9:15AM (Strength) <i>Ann U.</i>
Group Centergy Studio 2			11:15AM-12:15PM (Pilates & Yoga) <i>Joanne H.</i> 6:15PM-7:15PM (Pilates & Yoga) <i>Mandy S.</i>				
Line Dancing Studio 1			1:00PM-2:00PM (55+) <i>Marlene C.</i>				
Line Dancing-Intermediate/Adv. Studio 1			2:00PM-3:00PM (Dance) <i>Marlene C.</i>				
Hudson Competitive Stroke & Turn Development Wed 5:35 PM Register			5:35PM-6:05PM (Classes)				
Hudson ForeverWell New Member Orientation Wed 5/21 10:00 AM Register			10:00PM-10:30AM (Social Activities)				
Yoga Flow Studio 2				6:30AM-7:30AM (Pilates & Yoga) <i>Erin N.</i>			
Gentle Yoga Studio 1				8:00AM-9:00AM (Pilates & Yoga) <i>Erin N.</i> 11:45AM-12:30PM (Pilates & Yoga) <i>Krista B.</i>			
SilverSneakers™ Yoga Studio 2				8:15AM-9:00AM (55+) <i>Terri B.</i>			
Water Tabata Lap Pool				8:20AM-9:20AM (Water Exercise) <i>Joan S.</i>			
SilverSneakers™ Circuit Studio 2				9:15AM-10:00AM (55+) <i>Terri B.</i>	9:15AM-10:00AM (55+) <i>Sheryl G.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ForeverWell Balance Studio 2				10:15AM-11:00AM (55+) <i>Emma H.</i>			
Yoga Flow Studio 1				10:30AM-11:30AM (Pilates & Yoga) <i>Krista B.</i>	11:45AM-12:45PM (Pilates & Yoga) <i>Joan S.</i>		
Flow Studio 2				5:30PM-6:30PM (Pilates & Yoga) <i>Denise S.</i>		9:10AM-10:10AM (Pilates & Yoga) <i>Joan S.</i>	
Boot Camp Studio 1				6:00PM-6:45PM (Cardio & Strength Combo) <i>Mandy S.</i>			
Studio Strength Studio 1					8:00AM-8:50AM (Strength) <i>Cindy D.</i>		
Water Exercise Pool					9:00AM-10:00AM (Water Exercise) <i>Patty S.</i>		
Body Pump Express Studio 1						7:10AM-7:55AM (Strength) <i>Ann P.</i> 9:20AM-10:05AM (Strength) <i>Denise S.</i>	
Yoga Flow Studio 2						8:00AM-9:00AM (Pilates & Yoga) <i>Joan S.</i>	
R.I.P.P.E.D. Studio 1						10:20AM-11:20AM (Cardio & Strength Combo) <i>Ken J.</i>	
Yoga Studio 2							9:00AM-10:00AM (Pilates & Yoga) <i>Erin N.</i>



Andover YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyPump™ Studio 3			5:15AM-6:15AM (Strength) <i>Mel N.</i> 4:45PM-5:45PM (Strength) <i>Holli H.</i>	5:30PM-6:30PM (Strength) <i>Jared S.</i>	8:00AM-9:00AM (Strength) <i>Anne M.</i>		
Studio Strength Studio 3			8:00AM-9:00AM (Strength) <i>Tara M.</i>				
SHiNE Dance Fitness Studio 2			8:45AM-9:15AM (Dance) <i>Shannon S.</i>	9:30AM-10:30AM (Dance) <i>Tina S.</i>			10:05AM-11:05AM (Dance) <i>Christina C.</i>
Water Exercise Lap Pool			9:00AM-9:45AM (Water Exercise) <i>Nicole H.</i>	9:00AM-9:45AM (Water Exercise) <i>Addi N.</i>	9:00AM-9:45AM (Water Exercise) <i>Gillian H.</i>		
Yoga Mind Body Studio			9:30AM-10:30AM (Pilates & Yoga) <i>Rewa G.</i>	6:15AM-7:15AM (Pilates & Yoga) <i>Rewa G.</i>	9:30AM-10:30AM (Pilates & Yoga) <i>Chandra D.</i> 4:45PM-5:45PM (Pilates & Yoga) <i>Denise H.</i>		
Tabata Studio 3			9:30AM-10:15AM (Cardio & Strength Combo) <i>Anne M.</i>				
UpLift Studio 2			9:30AM-10:15AM (Strength) <i>Shannon S.</i>				9:00AM-10:00AM (Strength) <i>Christina C.</i>
Core Conditioning Studio 3			10:15AM-10:30AM (Cardio & Strength Combo) <i>Anne M.</i>				
Tai Chi: Move 4 Better Balance Mind Body Studio			10:45AM-11:30AM (Pilates & Yoga) <i>Dawn P.</i>				
ForeverWell Stretch Studio 3			11:00AM-11:45AM (55+) <i>Nicole H.</i>				
ForeverWell Yoga Mind Body Studio			11:45AM-12:30PM (Pilates & Yoga) <i>Dawn P.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Flow Mind Body Studio			5:00PM-6:00PM (Pilates & Yoga) <i>Laura R.</i>				
Group Fight Studio 3			6:00PM-7:00PM (Cardio) <i>Michelle R.</i>	8:30AM-9:30AM (Cardio) <i>Gillian H.</i>		9:30AM-10:30AM (Cardio) <i>Gillian H.</i>	
Boot Camp Studio 3				5:10AM-6:10AM (Cardio & Strength Combo) <i>Lisa T.</i>		7:10AM-7:55AM (Cardio & Strength Combo) <i>Lisa T.</i>	
Aqua Zumba® Lap Pool				7:00AM-7:45AM (Water Exercise) <i>Nicole H.</i>			
Mat Pilates Studio 2				8:30AM-9:15AM (Pilates & Yoga) <i>Jeanna S.</i>			
Group Centergy Mind Body Studio				9:30AM-10:15AM (Pilates & Yoga) <i>Angie S.</i>			4:15PM-5:15PM (Pilates & Yoga) <i>Dale K.</i>
Group Power Studio 3				9:45AM-10:45AM (Strength) <i>Gillian H.</i>			4:45PM-5:30PM (Strength) <i>Angie S.</i>
Chair Yoga Studio 1				9:45AM-10:30AM (55+) <i>Dawn P.</i>			
Gentle Yoga Mind Body Studio				10:45AM-11:45AM (Pilates & Yoga) <i>Dawn P.</i>			
R.I.P.P.E.D. Studio 2				11:00AM-12:00PM (Cardio & Strength Combo) <i>Tiara C.</i>			
ForeverWell Combo Studio 3				11:00AM-11:45AM (55+) <i>Jessica P.</i>			
Restorative Yoga Mind Body Studio				12:00PM-1:00PM (Pilates & Yoga) <i>Dawn P.</i>	10:45AM-11:45AM (Pilates & Yoga) <i>Chandra D.</i>		
Group Fight Studio 2				5:15PM-6:15PM (Cardio) <i>Holly S.</i>			
Group Centergy Studio 2				6:30PM-7:30PM (Pilates & Yoga) <i>Tari Y.</i>			
Cardio Dance Studio 3				6:45PM-7:45PM (Dance) <i>Marissa M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
R.I.P.P.E.D. Studio 3					5:10AM-6:10AM (Cardio & Strength Combo) <i>Tonya R.</i> 9:30AM-10:30AM (Cardio & Strength Combo) <i>Tiara C.</i>		
Core Conditioning Studio 2					5:30AM-6:00AM (Pilates & Yoga) <i>Dan H.</i>		
Studio Combo Studio 2					8:30AM-9:15AM (Cardio & Strength Combo) <i>Tara M.</i>		
Group Active Studio 2					9:30AM-10:30AM (Cardio & Strength Combo) <i>Addi N.</i>		
SilverSneakers™ Classic Studio 3					11:00AM-11:45AM (55+) <i>Julie F.</i>		
ForeverWell Cardio Dance Studio 2					12:00PM-1:00PM (Dance) <i>Julie F.</i>		
Core Conditioning Mind Body Studio					5:50PM-6:20PM (Strength) <i>Denise H.</i>		
Oula™ Studio 2					6:00PM-7:00PM (Dance) <i>Amanda L.</i>		
BodyPump™ Studio 2						8:15AM-9:15AM (Strength) <i>Lindsey G.</i>	
PiYo Strength Studio 3						8:15AM-9:15AM (Pilates & Yoga) <i>Traci S.</i>	
Cardio Dance Studio 2						9:30AM-10:30AM (Dance) <i>Christina C.</i>	
Yoga Studio 3							10:45AM-11:45AM (Pilates & Yoga) <i>April O.</i>
Salsa Splash Lap Pool							4:00PM-4:45PM (Water Exercise) <i>Alysa S.</i>
Sound Baths Mind Body Studio							6:00PM-6:45PM (Pilates & Yoga) <i>Angie S.</i>



Forest Lake YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
R.I.P.P.E.D. Studio 2			5:15AM-6:15AM (Cardio) <i>Janet D.</i>				
Boot Camp Studio 1			5:30AM-6:30AM (Cardio & Strength Combo) <i>Diane B.</i>		5:30AM-6:30AM (Cardio & Strength Combo) <i>Diane B.</i>		
BodyPump™ Studio 1			6:45AM-7:45AM (Strength) <i>Jenny G.</i> 5:00PM-6:00PM (Strength) <i>Lucas M.</i>	5:15AM-6:15AM (Strength) <i>Danae M.</i> 5:00PM-6:00PM (Strength) <i>Jennifer L.</i>		8:10AM-9:10AM (Strength) <i>Lydia M.</i>	
Water Exercise Power Pool			7:00AM-8:00AM (Water Exercise) <i>Diane B.</i>				
Water Exercise Pool REGISTER			8:00AM-9:00AM (Water Exercise) <i>Marta B.</i>				
Yoga Sculpt Studio 2			8:15AM-9:15AM (Pilates & Yoga) <i>lisa E.</i> 5:00PM-5:55PM (Pilates & Yoga) <i>Ari N.</i>		8:15AM-9:15AM (Pilates & Yoga) <i>Renee F.</i>		
ForeverWell Combo Studio 1			8:30AM-9:15AM (55+) <i>Shannon R.</i>		8:30AM-9:15AM (55+) <i>Amy H.</i>		
Oula™ Studio 1			9:30AM-10:30AM (Dance) <i>Kari T.</i>				
ForeverWell Combo Gym			9:30AM-10:15AM (55+) <i>Shannon R.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Studio 2			9:30AM-10:30AM (Pilates & Yoga) <i>Bethany G.</i> 6:00PM-7:00PM (Pilates & Yoga) <i>Ari N.</i>	6:45AM-7:45AM (Pilates & Yoga) <i>Angie K.</i>	10:45AM-11:45AM (Pilates & Yoga) <i>Erin P.</i>		11:00AM-12:00PM (Pilates & Yoga) <i>Bethany G.</i>
ForeverWell Stretch & Strength Studio 1			10:45AM-11:30AM (55+) <i>Ari N.</i>				
Zumba® Studio 1			6:15PM-7:15PM (Dance) <i>Luciana S.</i>				8:30AM-9:30AM (Dance) <i>Mollie L.</i>
Group Active Studio 1				8:00AM-9:00AM (Cardio & Strength Combo) <i>Angie K.</i>			
Shallow Water Exercise Pool				8:00AM-9:00AM (Water Exercise) <i>Marta B.</i> 9:00AM-10:00AM (Water Exercise) <i>Cricket S.</i>	8:00AM-9:00AM (Water Exercise) <i>Cricket S.</i>		
Mat Pilates Studio 2				8:00AM-9:00AM (Pilates & Yoga) <i>Catherine S.</i> 10:30AM-11:15AM (Pilates & Yoga) <i>Catherine S.</i>		9:30AM-10:15AM (Pilates & Yoga) <i>Diane B.</i>	
Cardio Dance Studio 2				9:15AM-10:15AM (Dance) <i>Catherine S.</i>			
ForeverWell Water X Pool				10:15AM-11:00AM (Water Exercise) <i>Cricket S.</i>			
Chair Yoga Studio 1				10:30AM-11:15AM (55+) <i>Jaci P.</i>			
Gentle Yoga Studio 2				11:30AM-12:30PM (Pilates & Yoga) <i>Jaci P.</i>			
Group Centergy Studio 2				5:00PM-6:00PM (Pilates & Yoga) <i>Angie K.</i>			
Aqua Zumba® Pool				6:00PM-7:00PM (Water Exercise) <i>Mollie L.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Turbo Kick™ Studio 1				6:15PM-6:45PM (Cardio) <i>Stephanie M.</i>			
UpLift Studio 1				6:45PM-7:15PM (Cardio & Strength Combo) <i>Stephanie M.</i>	5:00PM-6:00PM (Dance) <i>Rachel</i>		
Deep Water Exercise Pool					9:00AM-10:00AM (Water Exercise) <i>Cricket S.</i>		
ForeverWell Strength Studio 1					9:30AM-10:15AM (55+) <i>Louis J.</i>		
HIIT Studio 2					9:30AM-10:15AM (Cardio & Strength Combo) <i>Amy H.</i>		
R.I.P.P.E.D. Studio 1						9:30AM-10:30AM (Cardio & Strength Combo) <i>Stephen R.</i>	
BodyPump™ Studio 2							8:10AM-9:10AM (Strength) <i>Lucas M.</i>



Southdale YMCA - Edina | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Cycle Cycle Studio REGISTER			5:15AM-6:00AM (Cardio) <i>Bonnie K.</i> 8:45AM-9:30AM (Cardio) <i>Courtney H.</i>	8:45AM-9:30AM (Cardio) <i>Anne H.</i> 9:45AM-10:30AM (Cardio) <i>Karen J.</i> 5:45PM-6:30PM (Cardio) <i>Heather B.</i>	8:45AM-9:30AM (Cardio) <i>Mark F.</i> 5:00PM-5:45PM (Cardio) <i>Jerry G.</i>	8:30AM-9:15AM (Cardio) <i>Mark F.</i>	8:15AM-9:00AM (Cardio) <i>Bonnie K.</i>
Mat Pilates Studio B			7:45AM-8:30AM (Strength) <i>Beth G.</i> 5:30PM-6:15PM (Strength) <i>Lana H.</i>				
Water Exercise Leisure Pool REGISTER			7:45AM-8:30AM (Water Exercise) <i>Sheila B.</i>	7:45AM-8:30AM (Water Exercise) <i>Kelly D.</i> 12:15PM-1:00PM (Water Exercise) <i>Kitty W.</i>	12:15PM-1:00PM (Water Exercise) <i>Kitty W.</i>		
ForeverWell Combo Studio A			8:30AM-9:15AM (55+) <i>Mel P.</i>		8:30AM-9:15AM (55+) <i>Gayle M.</i>		
Yoga Studio B			8:45AM-9:45AM (Pilates & Yoga) <i>Beth G.</i>	7:45PM-8:45PM (Pilates & Yoga) <i>Kathy E.</i>		9:30AM-10:45AM (Pilates & Yoga) <i>Karen A.</i>	
SilverSneakers™ Classic Gym			9:30AM-10:15AM (55+) <i>Roxy K.</i>		9:30AM-10:15AM (55+) <i>JoJo G.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyPump™ Studio A			9:45AM-10:45AM (Strength) <i>Kimberly C.</i> 12:00PM-1:00PM (Strength) <i>Suzanne R.</i> 5:30PM-6:30PM (Strength) <i>Amy C.</i> 5:30PM-6:00PM (Strength) <i>Renae H.</i>		9:45AM-10:45AM (Strength) <i>Kimberly C.</i> 12:00PM-1:00PM (Strength) <i>Katy E.</i>	8:20AM-9:20AM (Strength) <i>Colette E.</i> 10:30AM-11:30AM (Strength) <i>Katy E.</i>	8:30AM-9:30AM (Strength) <i>Ruth S.</i>
Yoga Flow Studio B			10:15AM-11:15AM (Pilates & Yoga) <i>Anne H.</i>	5:00PM-6:00PM (Pilates & Yoga) <i>Michelle L.</i>	9:30AM-10:30AM (Pilates & Yoga) <i>Michelle L.</i>		9:40AM-10:40AM (Pilates & Yoga) <i>Michelle L.</i>
SilverSneakers™ Circuit Gym			10:30AM-11:15AM (55+) <i>Roxy K.</i>				
Parkinson's Cycle Cycle Studio			11:00AM-12:00PM (Cardio) <i>Katy E.</i>		10:30AM-11:30AM (55+) <i>Katy E.</i>		
Pickleball Full Gym Gym			11:30AM-3:00PM (Gym) <i>Staff</i>	11:00AM-12:45PM (Gym) <i>Staff</i>	10:30AM-3:00PM (General) <i>Staff</i>		
SilverSneakers™ Yoga Studio B			1:15PM-2:00PM (55+) <i>Kelly D.</i>				
ForeverWell Strength Studio A			1:15PM-2:00PM (55+) <i>Mel P.</i>				
Tai Chi For Health Practice Studio A			2:15PM-3:15PM (55+) <i>Thomas E.</i>				
Group Active Studio B			6:30PM-7:30PM (Cardio & Strength Combo) <i>Kathy E.</i>	9:30AM-10:30AM (Cardio & Strength Combo) <i>Christine C.</i>			
Zumba® Studio A			6:45PM-7:30PM (Dance) <i>Jennifer M.</i>	9:30AM-10:15AM (Dance) <i>Jennifer M.</i> 5:30PM-6:15PM (Dance) <i>Sara V.</i>		9:35AM-10:20AM (Dance) <i>Jennifer M.</i>	
Body Pump Express Studio A				6:15AM-7:00AM (Strength) <i>Amy C.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ForeverWell Yoga Studio B				8:15AM-9:15AM (55+) <i>Michelle L.</i>	8:15AM-9:15AM (Pilates & Yoga) <i>Diane A.</i>		
ForeverWell Cardio Dance Studio A				8:30AM-9:15AM (55+) <i>Kitty W.</i>			
SilverSneakers™ Yoga Studio A				10:30AM-11:15AM (55+) <i>Anne H.</i>			
Muscle Stretch and Release Studio B				10:45AM-11:45AM (Pilates & Yoga) <i>Christine C.</i>			
Sound Baths Studio B				12:00PM-1:00PM (Integrative Health and Wellbeing) <i>Hayl L.</i>			
SilverSneakers™ Classic Studio B				1:15PM-2:00PM (55+) <i>Kelly D.</i>		12:15PM-1:00PM (55+) <i>Stephanie M.</i>	
Tai Chi 1 Studio A				2:15PM-3:15PM (55+) <i>Thomas E.</i>			
Group Power Studio A				6:30PM-7:30PM (Strength) <i>Kathy E.</i>			3:30PM-4:30PM (Strength) <i>Kathy E.</i>
Kickboxing Kickboxing Studio					5:15AM-6:00AM (Strength) <i>Bonnie K.</i>		9:45AM-10:45AM (Cardio & Strength Combo) <i>Bonnie K.</i>
Aqua Yoga Leisure Pool REGISTER					7:45AM-8:30AM (Water Exercise) <i>Mel P.</i>		
Group Centergy Studio B					10:45AM-11:45AM (Pilates & Yoga) <i>Christine C.</i>		
Oula™ Studio A					6:00PM-7:00PM (Dance) <i>Ruthanne C.</i>		
Group Blast Studio A						7:10AM-8:10AM (Cardio & Strength Combo) <i>Amy C.</i>	12:00PM-1:00PM (Cardio) <i>Kathy E.</i>
Pickleball Half Gym Gym							9:00AM-11:30AM (General) <i>Staff</i>
Group Active Studio A							2:00PM-3:00PM (Cardio & Strength Combo) <i>Kathy E.</i>



Elk River YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyPump™ Studio A			5:15AM-6:15AM (Strength) <i>Rachael H.</i>	5:15PM-6:15PM (Strength) <i>Susan S.</i>	9:30AM-10:30AM (Strength) <i>Brittany W.</i>		
Indoor Walking Groups Gym			8:00AM-10:00AM (General) <i>Staff</i>		8:00AM-10:00AM (General) <i>Staff</i>		
Body Pump Express Studio A			8:30AM-9:15AM (Strength) <i>Kelly F.</i>				
Group Cycle Studio B REGISTER			8:30AM-9:15AM (Cardio) <i>Kayla F.</i>			8:15AM-9:00AM (Cardio) <i>Brittany W.</i>	
Water Exercise Lap Pool REGISTER			9:15AM-10:00AM (Water Exercise) <i>Jennifer J.</i>		9:15AM-10:00AM (Water Exercise) <i>Kayla F.</i>	8:15AM-9:00AM (Water Exercise) <i>Sharon L.</i>	
Barre Fusion Studio A			9:30AM-10:30AM (Strength) <i>Kayla F.</i>				
SilverSneakers™ Classic Community Room			10:45AM-11:30AM (55+) <i>Kayla F.</i>		9:45AM-10:30AM (55+) <i>Jared S.</i>		
Yoga Studio A			10:45AM-11:45AM (Pilates & Yoga) <i>Angela P.</i>	8:15AM-9:15AM (Pilates & Yoga) <i>Kristin G.</i>			8:00AM-9:00AM (Pilates & Yoga) <i>Jessica H.</i>
Yoga Sculpt Studio A			5:00PM-6:00PM (Pilates & Yoga) <i>Jessica H.</i>				
R.I.P.P.E.D. Studio A				5:15AM-6:15AM (Cardio & Strength Combo) <i>Jill J.</i>			
Water Exercise Leisure Pool REGISTER				8:00AM-8:45AM (Water Exercise) <i>Jennifer J.</i>			
Arthritis Water Exercise Leisure Pool REGISTER				9:00AM-10:00AM (Water Exercise) <i>Sharon L.</i>			
Boot Camp Studio A				9:30AM-10:15AM (Cardio & Strength Combo) <i>Brittany W.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ForeverWell Combo Community Room				9:45AM-10:30AM (55+) <i>Jared S.</i>			
Chair Yoga Community Room				10:45AM-11:30AM (55+) <i>Angela P.</i>			
Mat Pilates Studio B				5:15PM-6:00PM (Pilates & Yoga) <i>Jared S.</i>			
SHiNE Dance Fitness Studio A				6:30PM-7:30PM (Dance) <i>Rachel T.</i>			
Studio Combo Studio B					9:30AM-10:15AM (Cardio & Strength Combo) <i>Brandie N.</i>		
Mat Pilates Studio A					10:45AM-11:30AM (Pilates & Yoga) <i>Brittany W.</i>		
Yoga Flow Studio A						8:10AM-9:10AM (Pilates & Yoga) <i>Jessica H.</i>	
Tabata Studio A						9:20AM-10:05AM (Cardio & Strength Combo) <i>Brittany W.</i>	
BodyPump™ Studio B						9:30AM-10:30AM (Strength) <i>Kelly F.</i>	
Pickup Volleyball South Gym						10:00AM-12:00PM (Kids & Family) <i>Staff</i>	
Oula™ Studio A						10:15AM-11:15AM (Dance) <i>Michelle D.</i>	



Egan YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyPump™ Studio A			5:30AM-6:30AM (Strength) <i>Jamie L.</i> 9:30AM-10:30AM (Strength) <i>Jessica O.</i> 6:30PM-7:30PM (Strength) <i>Kevin</i>		9:30AM-10:30AM (Strength) <i>Jessica O.</i> 5:30PM-6:30PM (Strength) <i>Staff</i>	8:15AM-9:15AM (Strength) <i>Clarence W.</i>	10:00AM-11:00AM (Strength) <i>Kevin</i>
R.I.P.P.E.D. Studio A			8:15AM-9:15AM (Cardio & Strength Combo) <i>Julie H.</i>		8:15AM-9:15AM (Cardio & Strength Combo) <i>Julie H.</i>		
Zumba® Studio B			8:15AM-9:15AM (Dance) <i>Rosanna B.</i>				
Water Exercise Lap Pool			9:00AM-9:45AM (Water Exercise) <i>Susan</i>	7:15PM-8:00PM (Water Exercise) <i>Kristi E.</i>	9:00AM-9:45AM (Water Exercise) <i>Ginny H.</i>		
BodyStep Studio B			9:20AM-10:20AM (Cardio) <i>Naomi</i>		9:15AM-10:15AM (Cardio) <i>Jacque B.</i>	9:15AM-10:15AM (Cardio) <i>Jacque B.</i>	
Group Centergy Studio A			10:40AM-11:40AM (Pilates & Yoga) <i>Mercy</i>				
ForeverWell Combo Studio A			11:50AM-12:50PM (55+) <i>Mary F.</i>		11:50AM-12:50PM (55+) <i>Mary F.</i>		
SilverSneakers™ Classic Studio A			1:30PM-2:15PM (55+) <i>Julie M.</i>				
Arthritis Water Exercise Leisure Pool			5:00PM-5:45PM (Swim) <i>Mara D.</i>		10:00AM-10:45AM (Water Exercise) <i>Mara D.</i>		
BodyBalance Studio A			5:15PM-6:15PM (Pilates & Yoga) <i>Kevin</i>			10:45AM-11:45AM (Pilates & Yoga) <i>Kevin</i>	11:10AM-12:10PM (Pilates & Yoga) <i>Kevin</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BeatBoss™ Cycle Studio B REGISTER			5:30PM-6:30PM (Cardio) <i>Michelle R.</i>				
SilverSneakers™ Circuit Studio A				8:00AM-8:45AM (55+) <i>Naomi</i>			
Shallow Water Exercise Lap Pool				9:00AM-9:45AM (Water Exercise) <i>Mary F.</i>			
ForeverWell Yoga Studio B				9:00AM-9:45AM (55+) <i>Naomi</i>			
BodyCombat Studio A				9:30AM-10:30AM (Cardio) <i>Kevin</i>			
Tabata Gym				9:45AM-10:45AM (Cardio & Strength Combo) <i>Darcy B.</i>			
Deep Water Exercise Lap Pool				9:50AM-10:30AM (Water Exercise) <i>Mary F.</i>			
Group Cycle Studio B REGISTER				10:00AM-11:00AM (Cardio) <i>Ron M.</i>	6:00AM-6:45AM (Cardio) <i>Dana B.</i>		
Oula™ Studio A				10:40AM-11:40AM (Dance) <i>Tammy S.</i>	10:40AM-11:40AM (Dance) <i>Claire R.</i>		
SilverSneakers™ Yoga Studio A				11:50AM-12:35PM (55+) <i>Julie M.</i>			
Yoga Flow Studio B				6:30PM-7:45PM (Pilates & Yoga) <i>Annamaria</i>			
BodyBalance Studio B					10:45AM-11:45AM (Pilates & Yoga) <i>Terie</i>		
Line Dancing Studio A					1:00PM-1:55PM (Cardio) <i>Deena B.</i>		
Line Dancing-Intermediate/Adv. Studio A					2:00PM-3:00PM (Cardio) <i>Deena B.</i>		
BodyCombat Studio B					5:30PM-6:30PM (Cardio) <i>Tegan K.</i>	10:30AM-11:30AM (Cardio) <i>Clarence W.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba® Studio A					6:40PM-7:40PM (Dance) <i>Rosanna B.</i>	9:30AM-10:35AM (Dance) <i>Kristine</i>	
Salsa Splash Pool						8:00AM-8:45AM (Water Exercise) <i>Mary F.</i>	
BodyStep Studio A							8:45AM-9:45AM (Cardio) <i>Tammy W.</i>



New Hope YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Cycle Studio 1 REGISTER			5:30AM-6:15AM (Cardio) <i>Rob A.</i>		5:30AM-6:15AM (Cardio) <i>Mindy F.</i>		9:30AM-10:15AM (Cardio) <i>Amanda Z.</i>
Deep Water Exercise Pool REGISTER			7:15AM-8:00AM (Water Exercise) <i>Tracy K.</i>				
Group Blast Studio 1			9:30AM-10:30AM (Cardio) <i>Amanda B.</i>		9:30AM-10:15AM (Cardio) <i>Amanda B.</i>		
Pickleball Full Gym Gym			10:30AM-1:30PM (Gym) <i>Staff</i>		10:30AM-1:30PM (Gym) <i>Staff</i>		
Adult Water Volleyball Pool			11:00AM-1:00PM (General) <i>Staff</i>		11:00AM-1:00PM (General) <i>Staff</i>		
SilverSneakers™ Yoga Studio 1			11:00AM-11:45AM (55+) <i>Nancy</i>		11:45AM-12:30PM (55+) <i>Nancy</i>		
Line Dancing Studio 2			11:00AM-11:45AM (Dance) <i>Colette I.</i>				
SilverSneakers™ Classic Studio 1			12:00PM-12:45PM (55+) <i>Nancy</i>		12:45PM-1:30PM (55+) <i>Nancy</i>		
ForeverWell Balance Studio 2			12:00PM-12:30PM (55+) <i>Colette I.</i>				
Yoga Flow Studio 2			5:00PM-6:00PM (Pilates & Yoga) <i>Shayna</i>	6:00PM-7:00PM (Pilates & Yoga) <i>Alayna H.</i>			
Group Active Studio 1			5:15PM-6:15PM (Cardio & Strength Combo) <i>Sallie H.</i>	9:45AM-10:45AM (Cardio & Strength Combo) <i>Emily S.</i>		9:10AM-10:10AM (Cardio & Strength Combo) <i>Elizabeth L.</i>	
Oula™ Studio 1			6:30PM-7:30PM (Dance) <i>Laura O.</i>				
BodyPump™ Studio 1				5:20AM-6:20AM (Strength) <i>Kimberly D.</i>	10:30AM-11:30AM (Strength) <i>John R.</i>	8:00AM-9:00AM (Strength) <i>Kimberly D.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Zumba® Pool REGISTER				8:00AM-9:00AM (Water Exercise) <i>Amanda B.</i> 7:15PM-8:00PM (Water Exercise) <i>Amanda B.</i>	7:15AM-8:15AM (Water Exercise) <i>Amanda B.</i>	8:15AM-9:15AM (Water Exercise) <i>Maren V.</i>	
ForeverWell Combo Studio 1				8:15AM-9:00AM (55+) <i>Nancy</i>			
Zumba® Studio 2				9:30AM-10:30AM (Dance) <i>Yasmin H.</i>			
ForeverWell Combo Studio 2				11:00AM-11:45AM (Cardio & Strength Combo) <i>Virtually</i>			
ForeverWell Water X Pool REGISTER				11:00AM-11:45AM (Water Exercise) <i>Deb C.</i>			
Mat Pilates Studio 2					8:15AM-9:00AM (Pilates & Yoga) <i>Kris M.</i>		
Gentle Yoga Studio 2					9:30AM-10:30AM (Pilates & Yoga) <i>Shayna</i>		
Group Centergy Studio 2						7:45AM-8:45AM (Pilates & Yoga) <i>Sallie H.</i>	
Zumba® Studio 1						10:15AM-11:15AM (Dance) <i>Maren V.</i>	
ForeverWell Combo Studio 2						11:00AM-11:45AM (Cardio & Strength Combo) <i>Virtually</i>	



Woodbury YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Cycle Studio 2 REGISTER			5:30AM-6:30AM (Cardio) <i>Meg M.</i> 9:15AM-10:00AM (Cardio) <i>Mark A.</i>	9:15AM-10:00AM (Cardio) <i>Randy B.</i>		9:15AM-10:00AM (Cardio) <i>Staff</i>	
Water Ball Lap Pool REGISTER			7:30AM-8:05AM (Water Exercise) <i>Staff</i>				
SilverSneakers™ Circuit Studio 3			8:00AM-8:45AM (55+) <i>Ann S.</i>		8:00AM-8:45AM (55+) <i>Jennifer M.</i>		
ForeverWell Yoga Studio 1			8:00AM-9:00AM (Pilates & Yoga) <i>Julie W.</i>		9:00AM-10:00AM (Pilates & Yoga) <i>Lucia S.</i>		
Water Exercise Pool			8:15AM-9:00AM (Water Exercise) <i>Cheryl H.</i>	8:30AM-9:00AM (Water Exercise) <i>Colleen V.</i>	8:15AM-9:00AM (Water Exercise) <i>Cheryl H.</i> 9:15AM-10:00AM (Water Exercise) <i>Kathy A.</i>		
Group Centergy Studio 1			9:15AM-10:15AM (Pilates & Yoga) <i>Julie S.</i>	9:00AM-10:00AM (Pilates & Yoga) <i>Sara F.</i>			8:15AM-9:15AM (Pilates & Yoga) <i>Emily S.</i>
Salsa Splash Pool			9:15AM-10:00AM (Water Exercise) <i>Kathy A.</i>				
Group Blast Studio 3			9:15AM-10:15AM (Cardio) <i>Ashley M.</i>		9:15AM-10:15AM (Cardio) <i>Ashley M.</i>	9:40AM-10:40AM (Cardio) <i>Natasha S.</i>	
SilverSneakers™ Circuit Studio 1			10:30AM-11:15AM (55+) <i>Julie S.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyPump™ Studio 3			10:30AM-11:30AM (Strength) <i>Ashley M.</i> 5:30PM-6:30PM (Strength) <i>Mel P.</i>			8:30AM-9:30AM (Strength) <i>Natasha S.</i>	
Gentle Yoga Studio 1			11:30AM-12:30PM (Pilates & Yoga) <i>Jan J.</i>	10:30AM-11:30AM (Pilates & Yoga) <i>Tamara K.</i>			
ForeverWell Cardio Studio 3			11:40AM-12:25PM (55+) <i>Katie S.</i>				
SilverSneakers™ Circuit Studio 3			1:30PM-2:15PM (55+) <i>Monica R.</i>	8:00AM-8:45AM (55+) <i>Ann S.</i>			
Yoga Flow Studio 1			5:30PM-6:30PM (Pilates & Yoga) <i>Tamara K.</i>		10:15AM-11:15AM (Pilates & Yoga) <i>Lucia S.</i>		
Pickleball Clinic Ages 18+ at Woodbury YMCA Wed 6:00 PM Register			6:00PM-7:30PM (Racket Sports)				
Zumba® Studio 1			6:45PM-7:45PM (Dance) <i>Keelee R.</i>	5:15PM-6:15PM (Dance) <i>Yolanda K.</i>		9:00AM-10:00AM (Dance) <i>Colleen V.</i>	
Group Fight Studio 3			6:45PM-7:45PM (Cardio & Strength Combo) <i>Laurel I.</i>				
Group Power Studio 3				5:30AM-6:30AM (Strength) <i>Kathy A.</i>			
Barre Fusion Studio 1				8:00AM-8:45AM (Pilates & Yoga) <i>Susanne S.</i>			
Water Exercise Power Pool REGISTER				9:15AM-10:00AM (Water Exercise) <i>Colleen V.</i>			
SilverSneakers™ Yoga Studio 3				9:30AM-10:15AM (55+) <i>Katie S.</i>			
Zumba Gold® Studio 3				10:45AM-11:30AM (Dance) <i>Colleen V.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Power Studio 3				5:30PM-6:30PM (Strength) <i>Joanna U.</i>			
Yoga Studio 2 REGISTER				6:30PM-7:30PM (Pilates & Yoga) <i>Sandy H.</i>			
UpLift Studio 1				6:30PM-7:30PM (Dance) <i>Sarah A.</i>			
Mat Pilates Studio 1					5:30AM-6:15AM (Pilates & Yoga) <i>Emily S.</i>		
BodyPump™ Studio 3					5:30AM-6:30AM (Strength) <i>Heather G.</i> 10:30AM-11:30AM (Strength) <i>Ashley M.</i>	7:20AM-8:20AM (Strength) <i>Jill B.</i>	
Studio Combo Studio 1					8:00AM-8:45AM (Cardio & Strength Combo) <i>Susanne S.</i>		
Group Cycle Studio 2 REGISTER					9:15AM-10:00AM (Cardio) <i>Jennifer M.</i>		
Sound Baths Thrivent room REGISTER					9:30AM-10:30AM (Integrative Health and Wellbeing) <i>Kali H.</i>		4:00PM-5:00PM (Integrative Health and Wellbeing) <i>Allie S.</i>
Core Conditioning Studio 2					10:05AM-10:20AM (Strength) <i>Jennifer M.</i>		
Tai Chi 3 Studio 3					11:45AM-12:45PM (Pilates & Yoga) <i>Kimberley S.</i>		
SilverSneakers™ Classic Studio 3					1:30PM-2:15PM (55+) <i>Monica R.</i>		
SHiNE Dance Fitness Studio 1					5:30PM-6:30PM (Dance) <i>Mattie S.</i>		
Yoga Studio 1						10:15AM-11:15AM (Pilates & Yoga) <i>Courtney G.</i>	
Group Core Studio 3							9:20AM-9:50AM (General) <i>Laurel I.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Blast Studio 3							10:00AM-11:00AM (Cardio) <i>Laurel I.</i>
Yoga Studio 3							11:15AM-12:15PM (Pilates & Yoga) <i>Laurel I.</i>



Emma B. Howe YMCA - Coon Rapids | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tabata Multi Purpose Studio			5:45AM-6:30AM (Cardio) <i>Stephanie E.</i>				
BodyPump™ Fitness Studio			6:00AM-7:00AM (Strength) <i>Wini F.</i> 11:30AM-12:30PM (Strength) <i>Tiffany K.</i>	9:30AM-10:30AM (Strength) <i>Angie O.</i>	11:00AM-12:00PM (Strength) <i>Lydia M.</i>	9:45AM-10:45AM (Strength) <i>Louisa O.</i>	
Yoga Multi Purpose Studio			8:15AM-9:15AM (Pilates & Yoga) <i>Dawn J.</i>	10:30AM-11:30AM (Pilates & Yoga) <i>Chandra D.</i>			
Water Interval Training Pool			8:15AM-9:00AM (Water Exercise) <i>Stephanie E.</i>				
ForeverWell Combo Fitness Studio			8:30AM-9:15AM (55+) <i>Karri S.</i>		9:00AM-9:45AM (55+) <i>Velma H.</i>		
Water Exercise Lap Pool			9:15AM-10:00AM (Water Exercise) <i>Kim G.</i>				
Mat Pilates Fitness Studio			9:30AM-10:15AM (Pilates & Yoga) <i>Teresa H.</i>				
SilverSneakers™ Circuit Multi Purpose Studio			9:30AM-10:15AM (55+) <i>Chandra D.</i>	9:30AM-10:15AM (55+) <i>Kim G.</i>			
Group Cycle Fitness Alcove			9:30AM-10:15AM (Cardio) <i>Tiffany K.</i> 6:00PM-6:45PM (Cardio) <i>Steven W.</i>	6:00PM-7:00PM (Cardio) <i>Micki</i>		8:45AM-9:45AM (Cardio) <i>Steven W.</i>	
Zumba® Fitness Studio			10:30AM-11:15AM (Dance) <i>Tiffany K.</i>				
ForeverWell Stretch Multi Purpose Studio			10:30AM-11:15AM (55+) <i>Lumiko O.</i>		10:30AM-11:15AM (55+) <i>Lumiko O.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp Fitness Studio			4:30PM-5:15PM (Cardio & Strength Combo) <i>Amanda W.</i>				
Gentle Yoga Multi Purpose Studio			5:30PM-6:30PM (Pilates & Yoga) <i>Dale K.</i>				
BodyCombat Fitness Studio			5:30PM-6:30PM (Cardio) <i>Nicole P.</i>				
Oula™ Fitness Studio			6:45PM-7:45PM (Dance) <i>Chelsea H.</i>				
3D30 Fitness Studio				5:30AM-6:00AM (Cardio & Strength Combo) <i>Craig D.</i>			
ForeverWell Cycle Fitness Alcove				7:00AM-7:45AM (55+) <i>Chuck H.</i>			
Group Centergy Fitness Studio				8:00AM-9:00AM (Pilates & Yoga) <i>Karri S.</i> 5:20PM-6:20PM (Pilates & Yoga) <i>Amanda W.</i>			9:45AM-10:45AM (Pilates & Yoga) <i>Karri S.</i>
Parkinson's Cycle Fitness Alcove				10:00AM-11:00AM (55+) <i>Tiffany K.</i>			
BodyStep Fitness Studio				10:35AM-11:35AM (Cardio) <i>Louisa O.</i>		8:35AM-9:35AM (Cardio) <i>Louisa O.</i>	
Arthritis Water Exercise Pool				11:00AM-11:45AM (Water Exercise) <i>Karri S.</i>			
SilverSneakers™ Yoga Fitness Studio				11:45AM-12:30PM (55+) <i>Kim G.</i>			
POUND® Fitness Studio				4:30PM-5:15PM (Cardio) <i>Amanda W.</i>			
Tabata Fitness Studio					5:45AM-6:30AM (Cardio & Strength Combo) <i>Susie G.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Fitness Studio					7:45AM-8:45AM (Cardio) <i>Cindy D.</i>		8:30AM-9:30AM (Cardio) <i>Cindy D.</i>
Water Exercise Pool					8:15AM-9:00AM (Water Exercise) <i>Rachel L.</i>		
Mat Pilates Multi Purpose Studio					8:30AM-9:15AM (Pilates & Yoga) <i>Teresa H.</i>		
ForeverWell Water X Pool					9:15AM-10:00AM (Water Exercise) <i>Angie O.</i>		
SilverSneakers™ Classic Multi Purpose Studio					9:30AM-10:15AM (55+) <i>Kim G.</i>		
Tai Chi For Health Inst. Multi Purpose Studio					11:30AM-12:30PM (General) <i>Lumiko O.</i>		
Line Dancing Fitness Studio					1:00PM-2:00PM (Dance) <i>Kim G.</i>		
Group Fight Fitness Studio					4:45PM-5:45PM (Cardio) <i>Amanda W.</i>		
Aqua Zumba® Pool					5:15PM-6:00PM (Water Exercise) <i>Natalie K.</i>	8:00AM-8:45AM (Water Exercise) <i>Darcy F.</i>	
SHiNE Dance Fitness Fitness Studio					6:00PM-7:00PM (Dance) <i>Tina S.</i>		
HIIT Fitness Studio						7:45AM-8:30AM (Cardio & Strength Combo) <i>Cindy D.</i>	
Line Dancing-Intermediate/Adv. Multi Purpose Studio						10:20AM-11:20AM (Dance) <i>Kayla M.</i>	
Yoga Fitness Studio						11:15AM-12:15PM (Pilates & Yoga) <i>Charlene H.</i>	



St. Paul YMCA - Eastside | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Oula™ Studio			5:45AM-6:45AM (Dance) <i>Mary B.</i>	6:45PM-7:45PM (Dance) <i>Stephanie C.</i>			12:00PM-1:00PM (Dance) <i>Trina M.</i>
BodyPump™ Studio			9:15AM-10:15AM (Strength) <i>Bernadette L.</i>	5:45AM-6:45AM (Strength) <i>Barb I.</i>	9:30AM-10:30AM (Strength) <i>Barb I.</i>	8:15AM-9:15AM (Strength) <i>Courtney R.</i>	
ForeverWell Water X Pool REGISTER			10:00AM-10:45AM (Water Exercise) <i>Shannon F.</i>				
OULA-Power Studio			10:25AM-11:25AM (Cardio & Strength Combo) <i>Mary B.</i>				
Zumba® Studio			5:40PM-6:40PM (Cardio) <i>Shamarah D.</i>			10:00AM-11:00AM (Dance) <i>Drina R.</i>	
Soul Flow by Oula Fitness Studio			6:50PM-7:50PM (Pilates & Yoga) <i>Chelle B.</i>				
Water Exercise Pool REGISTER				8:45AM-9:30AM (Water Exercise) <i>Mel P.</i>	10:00AM-10:45AM (Water Exercise) <i>Pam</i>		
SilverSneakers™ Circuit Studio				10:00AM-10:45AM (55+) <i>Mel P.</i>			
Studio Strength Studio				11:00AM-11:45AM (Strength) <i>Mel P.</i>			
Yoga Studio					5:45AM-6:45AM (Pilates & Yoga) <i>Mary B.</i>		
SilverSneakers™ Classic Studio					10:55AM-11:40AM (55+) <i>Merilee I.</i>		
Yoga Flow Studio REGISTER					4:00PM-5:00PM (Pilates & Yoga) <i>Rosa P.</i>		
Group Centergy Studio							10:45AM-11:45AM (Pilates & Yoga) <i>Kate H.</i>



Burnsville YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Studio B			6:00AM-7:00AM (Pilates & Yoga) <i>Nergis P.</i>		8:15AM-9:15AM (Pilates & Yoga) <i>David J.</i>	10:05AM-11:05AM (Pilates & Yoga) <i>David J.</i>	9:15AM-10:15AM (Pilates & Yoga) <i>Dawn W.</i>
Group Cycle Warehouse REGISTER			6:00AM-6:45AM (Cardio) <i>Becky B.</i>	9:30AM-10:15AM (Cardio) <i>Becky B.</i>	6:00AM-6:45AM (Cardio) <i>Jerry G.</i>		9:15AM-10:00AM (Cardio) <i>Jerry G.</i>
Functional Fitness Gym			9:00AM-10:00AM (55+) <i>Jane G.</i>				
Water Exercise Lap/Leisure Pool REGISTER			9:00AM-9:45AM (Water Exercise) <i>Mary F.</i>	9:30AM-10:15AM (Water Exercise) <i>Gayle M.</i>	10:00AM-10:45AM (Water Exercise) <i>Mary F.</i>	8:00AM-8:45AM (Water Exercise) <i>Michele L.</i>	
BodyPump™ Studio A			9:30AM-10:30AM (Strength) <i>Gayle M.</i>	6:00AM-7:00AM (Strength) <i>Brian S.</i> 5:30PM-6:30PM (Cardio & Strength Combo) <i>Lori H.</i>	10:15AM-11:15AM (Strength) <i>Gayle M.</i>	8:00AM-9:00AM (Strength) <i>Brian S.</i>	8:00AM-9:00AM (Strength) <i>Alicia B.</i>
SilverSneakers™ Circuit Gym			10:15AM-11:00AM (55+) <i>Jane G.</i>				
ForeverWell Cycle Warehouse			10:45AM-11:30AM (55+) <i>David J.</i>				
ForeverWell Yoga Studio A			11:15AM-12:15PM (55+) <i>Jane G.</i>				
Step Studio B			5:15PM-6:15PM (Cardio) <i>Gayle M.</i>			8:00AM-9:00AM (Cardio) <i>Gayle M.</i>	
Group Fight Studio A			5:30PM-6:00PM (Cardio) <i>Jennie B.</i>				
Group Core Studio A			6:05PM-6:35PM (Strength) <i>Jennie B.</i>				
Soul Flow by Oula Fitness Studio B			6:30PM-7:30PM (Pilates & Yoga) <i>Faith G.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Tabata Lap Pool REGISTER				6:15AM-7:15AM (Water Exercise) <i>Gayle M.</i>			
SilverSneakers™ Classic Studio A				8:15AM-9:00AM (55+) <i>Gayle M.</i>	8:00AM-8:45AM (55+) <i>Nicole P.</i>		
Barre Fusion Studio B				9:30AM-10:20AM (Strength) <i>Lisanne R.</i>			
MS Support Group Leisure Pool				10:30AM-11:00AM (Water Exercise) <i>Gayle M.</i>			
Sound Baths Studio B				10:45AM-11:30AM (Integrative Health and Wellbeing) <i>Cathleen G.</i>			
Salsa Splash Lap Pool REGISTER				11:05AM-11:50AM (Water Exercise) <i>Mary F.</i>			
ForeverWell Cardio Dance Studio A				11:30AM-12:15PM (55+) <i>Blanka B.</i>			
SilverSneakers™ Circuit Studio A					9:00AM-9:45AM (55+) <i>Nicole P.</i>		
Studio Combo Studio B					9:30AM-10:15AM (Cardio & Strength Combo) <i>Danielle M.</i>		
SilverSneakers™ Yoga Studio A					11:30AM-12:15PM (55+) <i>Gabriela K.</i>		
QiGong Studio A					12:30PM-1:30PM (55+) <i>Karen A.</i>		
Group Centergy Studio B						9:05AM-10:00AM (Pilates & Yoga) <i>Gayle M.</i>	
Turbo Kick™ Studio A						9:15AM-10:15AM (Cardio) <i>Jennie B.</i>	
Meditation/Breathwork Studio B						11:05AM-11:35AM (Pilates & Yoga) <i>David J.</i>	
Cardio Dance Studio A							11:30AM-12:30PM (Dance) <i>Blanka B.</i>



Shoreview YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyPump™ Studio			6:00AM-7:00AM (Strength) <i>Victoria S.</i> 6:40PM-7:40PM (Strength) <i>Julie C.</i>	9:15AM-10:15AM (Strength) <i>Victoria S.</i> 5:30PM-6:30PM (Strength) <i>Mary T.</i>	10:15AM-11:15AM (Strength) <i>Denise T.</i>	7:30AM-8:30AM (Strength) <i>Julie C.</i>	8:00AM-9:00AM (Strength) <i>Barb I.</i>
Group Centergy Studio			8:00AM-9:00AM (Pilates & Yoga) <i>Jennifer P.</i>		11:25AM-12:25PM (Pilates & Yoga) <i>Denise T.</i>		
ForeverWell Cardio Dance Fusion Studio			9:00AM-9:45AM (Dance) <i>Melinda B.</i>				
Water In Motion - Original Pool REGISTER			9:05AM-9:50AM (Water Exercise) <i>Lacy L.</i>				
Group Power Studio			9:15AM-10:15AM (Strength) <i>Jennifer P.</i>				
Water Exercise Power Pool REGISTER			10:00AM-10:45AM (Water Exercise) <i>Patricia C.</i>		9:05AM-9:50AM (Water Exercise) <i>Stacia C.</i> 10:00AM-10:45AM (Water Exercise) <i>Abby B.</i>		
Group Cycle Fusion Studio REGISTER			10:10AM-11:10AM (Cardio) <i>Scully A.</i>			8:00AM-8:45AM (Cardio) <i>Paige K.</i>	
Group Active Studio			10:25AM-11:25AM (Cardio & Strength Combo) <i>Jessie W.</i>				
Parkinson's Cycle Fusion Studio REGISTER			11:25AM-12:25PM (55+) <i>Patricia C.</i>				
SilverSneakers™ Classic Studio			11:35AM-12:20PM (55+) <i>Susan T.</i>				
Chair Yoga Studio			12:35PM-1:20PM (55+) <i>Elen B.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Latin Hip Hop Studio			5:30PM-6:30PM (Dance) <i>Ninoska M.</i>				
Gentle Yoga Fusion Studio			6:00PM-7:00PM (Pilates & Yoga) <i>Rachel T.</i>				
SHiNE Dance Fitness Studio				5:45AM-6:45AM (Dance) <i>Christina C.</i>			
ForeverWell Combo Studio				8:00AM-9:00AM (55+) <i>Jennifer P.</i>			
Aqua Zumba® Pool REGISTER				9:05AM-9:50AM (Water Exercise) <i>Darcy F.</i>			
Mat Pilates Fusion Studio				9:15AM-10:15AM (Pilates & Yoga) <i>Jennifer P.</i>			
Water Exercise Pool REGISTER				10:00AM-10:45AM (Water Exercise) <i>Patricia C.</i>			11:05AM-11:50AM (Water Exercise) <i>Stacia C.</i>
Yoga Studio				10:25AM-11:25AM (Pilates & Yoga) <i>Aimee P.</i>			3:30PM-4:30PM (Pilates & Yoga) <i>Jim K.</i>
Zumba® Studio				6:45PM-7:45PM (Dance) <i>Michelle R.</i>			
R.I.P.P.E.D. Studio					6:00AM-7:00AM (Cardio & Strength Combo) <i>Victoria S.</i>	8:50AM-9:50AM (Cardio & Strength Combo) <i>Victoria S.</i>	
ForeverWell Cardio Studio					8:00AM-8:45AM (55+) <i>Julie G.</i>		
Group Fight 101 Studio					8:55AM-9:05AM (Cardio) <i>Heidi W.</i>		
Yoga Flow Fusion Studio					9:00AM-10:00AM (Pilates & Yoga) <i>Kaye S.</i>		
Group Fight Studio					9:05AM-10:05AM (Cardio) <i>Heidi W.</i>		
SilverSneakers™ Circuit Studio					12:35PM-1:20PM (55+) <i>Jessie W.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers™ Yoga Studio					1:30PM-2:15PM (55+) <i>Jessie W.</i>		
Yoga Flow Studio					4:30PM-5:30PM (Pilates & Yoga) <i>Anne C.</i>		
Open Adult Deep Water Exericse Pool REGISTER					5:05PM-5:50PM (Water Exercise) <i>Self L.</i>		
Water Tabata Pool REGISTER						8:30AM-9:15AM (Water Exercise) <i>Stacia C.</i>	
Yoga Fusion Studio						9:00AM-10:00AM (Pilates & Yoga) <i>Pat A.</i>	
Oula™ Studio						10:00AM-11:00AM (Dance) <i>Amanda L.</i>	
Soul Flow by Oula Fitness Studio						11:05AM-11:50AM (Pilates & Yoga) <i>Caroline</i>	
Cardio Dance Studio							10:30AM-11:30AM (Dance) <i>Parisha R.</i>



St. Paul YMCA - Midway | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CANCELED: Boot Camp Flex B/C			6:00AM-6:45AM (Cardio & Strength Combo) <i>Eric H.</i>				
Water Exercise Lap Pool REGISTER			6:45AM-7:30AM (Water Exercise) <i>Kathy S.</i>				
Yoga Sculpt Studio A			7:15AM-8:15AM (Pilates & Yoga) <i>Lillie T.</i>				
Oula™ Studio B			8:30AM-9:30AM (Dance) <i>Molly M.</i>				
ForeverWell Cardio Dance Studio A			8:30AM-9:15AM (Dance) <i>Hayley K.</i>				
Mat Pilates Flex B/C			9:00AM-10:00AM (Pilates & Yoga) <i>Abigail P.</i>		9:00AM-10:00AM (Pilates & Yoga) <i>Bon M.</i>		
Community Acupuncture-\$ Studio K			9:00AM-11:00AM (Integrative Health and Wellbeing) <i>Rachel J.</i>				
Group Power Studio A			9:30AM-10:30AM (Strength) <i>Linda H.</i> 12:00PM-1:00PM (Strength) <i>Mary C.</i>		9:30AM-10:30AM (Strength) <i>Linda H.</i>		
SilverSneakers™ Classic Flex B/C			10:15AM-11:00AM (55+) <i>Mel P.</i>		10:15AM-11:00AM (55+) <i>Hayley K.</i>		
Yoga Studio A			10:45AM-11:45AM (Pilates & Yoga) <i>Sandra B.</i> 6:30PM-7:30PM (Pilates & Yoga) <i>Jim K.</i>	6:30PM-7:30PM (Pilates & Yoga) <i>Mulberry H.</i>	10:45AM-11:45AM (Pilates & Yoga) <i>Dan D.</i>	3:30PM-4:30PM (Pilates & Yoga) <i>Marisa</i>	3:00PM-4:00PM (Pilates & Yoga) <i>Mike K.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio Strength Flex B/C			4:30PM-5:15PM (Strength) <i>Linda H.</i>				
BodyPump™ Studio A			5:05PM-6:05PM (Strength) <i>Clarence W.</i>	6:00AM-7:00AM (Strength) <i>JJ M.</i>		8:00AM-9:00AM (Strength) <i>JJ M.</i>	9:05AM-10:05AM (Strength) <i>Beth L.</i>
Zumba® Flex B/C			6:15PM-7:15PM (Dance) <i>Bryce B.</i>				
Aqua Zumba® Lap Pool REGISTER			7:00PM-7:45PM (Water Exercise) <i>Geoffrey C.</i>				
Sound Baths Studio A			7:35PM-8:10PM (Integrative Health and Wellbeing) <i>Jim K.</i>		12:00PM-12:45PM (Integrative Health and Wellbeing) <i>Jim K.</i>		
Oula™ Studio A				8:30AM-9:25AM (Dance) <i>Nichole C.</i> 5:15PM-6:15PM (Dance) <i>Angela S.</i>			
Community Acupuncture (Free) Studio K				8:30AM-10:30AM (Integrative Health and Wellbeing) <i>Rachel J.</i>	9:00AM-11:00AM (Integrative Health and Wellbeing) <i>Beth P.</i>		
Barre Fusion Flex B/C				9:00AM-9:45AM (Pilates & Yoga) <i>Linda H.</i>			
Deep Water Exercise Lap Pool REGISTER				9:00AM-9:45AM (Water Exercise) <i>Dori B.</i>			
3D30 Studio A				9:35AM-10:05AM (Cardio & Strength Combo) <i>Kristy H.</i>			10:15AM-10:45AM (Cardio & Strength Combo) <i>Katie G.</i>
Group Active Studio A				10:10AM-11:10AM (Cardio) <i>Kristy H.</i>			
SilverSneakers™ Yoga Flex B/C				10:15AM-11:00AM (55+) <i>Heidi C.</i>			
Gentle Yoga Studio A				11:30AM-12:30PM (Pilates & Yoga) <i>Vance G.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Flow Studio A				4:00PM-5:00PM (Pilates & Yoga) <i>Jim K.</i>			
HOLD Pickleball Class: Advanced/Drills & Skills at Midway YMCA Thu 5:30 PM Register				5:30PM-6:30PM (Racket Sports)			
BeatBoss™ Cycle Studio B REGISTER				5:30PM-6:15PM (Cardio) <i>Mariah M.</i>		9:00AM-10:00AM (Cardio) <i>Robert L.</i>	10:30AM-11:30AM (Cardio) <i>Andrea A.</i>
HOLD Pickleball Class: Advanced/Drills & Skills at Midway YMCA Thu 6:35 PM Register				6:35PM-7:35PM (Racket Sports)			
Group Blast Studio A					6:00AM-7:00AM (Cardio) <i>Tonya C.</i>	10:20AM-11:20AM (Cardio) <i>JJ M.</i>	
ForeverWell Cardio Studio A					8:30AM-9:15AM (55+) <i>Catherine R.</i>		
Group Cycle Studio B REGISTER					9:00AM-10:00AM (Cardio) <i>David D.</i>		
Zumba® Studio A					5:15PM-6:15PM (Dance) <i>Yolanda K.</i>	11:30AM-12:30PM (Dance) <i>Patrick S.</i>	10:55AM-11:55AM (Dance) <i>Patrick S.</i>
Group Centergy Studio A						9:10AM-10:10AM (Pilates & Yoga) <i>Tonya C.</i>	
St Paul Midway Water Triathlon Training Sat 10:45 AM Register						10:45AM-11:15AM (Classes)	
ForeverWell Strength Flex B/C						11:30AM-12:15PM (55+) <i>Catherine R.</i>	



White Bear Area YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Cycle Studio C REGISTER			6:00AM-7:00AM (Cardio) <i>Josh K.</i> 8:30AM-9:30AM (Cardio) <i>Deb H.</i> 6:45PM-7:30PM (Cardio & Strength Combo) <i>Lucia P.</i>	8:30AM-9:30AM (Cardio) <i>Carl R.</i> 5:30PM-6:15PM (Cardio & Strength Combo) <i>Cassandra O.</i>	6:00AM-7:00AM (Cardio) <i>Heather R.</i> 8:30AM-9:30AM (Cardio) <i>Kavita M.</i>	8:15AM-9:15AM (Cardio & Strength Combo) <i>Kavita M.</i> 9:30AM-10:30AM (Cardio) <i>Sarah T.</i>	8:15AM-9:15AM (Cardio & Strength Combo) <i>Kavita M.</i>
ForeverWell Combo Studio A			8:45AM-9:30AM (55+) <i>Kim U.</i>		8:45AM-9:30AM (55+) <i>Tracy W.</i>		
SilverSneakers™ Classic Full Gym			9:45AM-10:30AM (55+) <i>Deb H.</i>				
Yoga Flow Studio A			10:00AM-11:00AM (Pilates & Yoga) <i>Mary P.</i>			9:30AM-10:30AM (Pilates & Yoga) <i>Laura B.</i>	
Water Exercise Power Blue Pool REGISTER			10:00AM-10:45AM (Water Exercise) <i>Kim U.</i>	10:00AM-10:45AM (Water Exercise) <i>Kim U.</i>			
Tai Chi For Health Practice Studio A			11:15AM-12:15PM (General) <i>Jerry J.</i>				
Core Conditioning Studio A			5:00PM-5:30PM (Strength) <i>Kathy S.</i>				
BodyPump™ Studio A			5:35PM-6:35PM (Strength) <i>Kathy S.</i>	5:45AM-6:45AM (Strength) <i>Linda G.</i> 12:00PM-1:00PM (Strength) <i>Shawn M.</i> 5:05PM-6:05PM (Strength) <i>Colleen O.</i>	12:00PM-1:00PM (Strength) <i>Mary T.</i> 5:30PM-6:30PM (Strength) <i>Kathy S.</i>	8:15AM-9:15AM (Strength) <i>Ann B.</i>	9:20AM-10:20AM (Strength) <i>Ann B.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio Combo Studio A				8:45AM-9:30AM (Cardio & Strength Combo) <i>Tracy W.</i>			
Yoga Studio B				9:30AM-10:30AM (Pilates & Yoga) <i>Gina C.</i>			10:30AM-11:30AM (Pilates & Yoga) <i>Meghan H.</i>
Zumba® Studio A				10:00AM-11:00AM (Dance) <i>Tracy W.</i>			
Zumba Gold® Studio B				11:30AM-12:15PM (Dance) <i>Leah N.</i>			
ForeverWell Strength Studio B				1:00PM-1:45PM (55+) <i>Mel P.</i>			
Line Dancing Studio A				1:15PM-2:15PM (Dance) <i>Kim U.</i>			
Group Fight Studio B				5:25PM-6:25PM (Cardio & Strength Combo) <i>Ann B.</i>			
Muscle Stretch and Release Studio A				6:15PM-6:45PM (Pilates & Yoga) <i>Jo C.</i>			
Yoga Flow Studio B				6:45PM-7:45PM (Pilates & Yoga) <i>Laura B.</i>			
SHiNE Dance Fitness Studio A				7:00PM-8:00PM (Dance) <i>Amy D.</i>			
Deep Water Exercise Orange Pool REGISTER					9:00AM-9:45AM (Water Exercise) <i>Joanne E.</i>		
Oula™ Studio A					10:00AM-11:00AM (Dance) <i>Hannah B.</i>		
Studio Combo Studio B					10:00AM-11:00AM (Cardio & Strength Combo) <i>Tracy W.</i>		
Water Exercise Blue Pool REGISTER					10:00AM-10:45AM (Water Exercise) <i>Joanne E.</i>	2:00PM-2:45PM (Water Exercise) <i>Mel P.</i>	
SilverSneakers™ Circuit Full Gym					10:45AM-11:30AM (55+) <i>Mel P.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers™ Yoga Full Gym					11:45AM-12:30PM (55+) <i>Mel P.</i>		
Mat Pilates Studio B					11:45AM-12:30PM (Pilates & Yoga) <i>Devan B.</i>		
Step Studio B						9:30AM-10:30AM (Cardio) <i>Joann P.</i>	
Group Power Studio A						10:45AM-11:45AM (Strength) <i>Joann P.</i>	
Zumba® Studio B							9:00AM-10:00AM (Cardio) <i>Rachel B.</i>
HIIT Studio A							10:30AM-11:30AM (Cardio & Strength Combo) <i>Kathy S.</i>



Maplewood YMCA Community Center | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyPump™ Studio A			7:00AM-8:00AM (Strength) <i>Shaina A.</i>	9:15AM-10:15AM (Strength) <i>Courtney R.</i>		9:35AM-10:35AM (Strength) <i>Jordan S.</i>	10:30AM-11:30AM (Strength) <i>Daryl G.</i>
Water Exercise Pool REGISTER			8:00AM-8:45AM (Water Exercise) <i>Rachel L.</i>				
ForeverWell Combo Studio A			9:00AM-9:45AM (55+) <i>Ketzie L.</i>				
SilverSneakers™ Classic Gym			9:15AM-10:00AM (55+) <i>Deb M.</i>		9:15AM-10:00AM (55+) <i>Ketzie L.</i>		
Soul Fusion Studio A			10:15AM-11:15AM (Pilates & Yoga) <i>Gina C.</i>			8:15AM-9:15AM (Pilates & Yoga) <i>Gina C.</i>	
Zumba Gold® Gym			10:30AM-11:30AM (Dance) <i>Cindy O.</i>		10:30AM-11:30AM (Dance) <i>Cindy O.</i>		
Yoga Studio A			11:30AM-12:30PM (Pilates & Yoga) <i>Gina C.</i>		11:30AM-12:30PM (Pilates & Yoga) <i>Gina C.</i>		
Drums Alive® Studio B			11:30AM-12:15PM (55+) <i>Deb M.</i>				
Line Dancing Studio B			12:45PM-1:30PM (Dance) <i>Ketzie L.</i>				
SilverSneakers™ Circuit Studio A			12:45PM-1:30PM (55+) <i>Julie W.</i>				
BodyPump™ Studio A			5:10PM-6:10PM (Strength) <i>Jordan S.</i>				
SHiNE Dance Fitness Studio A			6:40PM-7:40PM (Dance) <i>Mattie S.</i>			11:00AM-12:00PM (Dance) <i>Amy D.</i>	
ForeverWell Combo Studio B				9:15AM-10:15AM (55+) <i>Deb M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Oula™ Studio A				11:00AM-12:00PM (Dance) <i>Molly M.</i>			
SilverSneakers™ Circuit Half Gym				12:15PM-1:00PM (55+) <i>Julie W.</i>			
SilverSneakers™ Yoga Studio A				1:15PM-2:00PM (55+) <i>Julie W.</i>			
Group Blast Studio A				5:25PM-6:25PM (Cardio) <i>Joann P.</i>			
Drums Alive® Studio A				6:30PM-7:15PM (Cardio) <i>Beth D.</i>			
Group Cycle Studio B REGISTER					8:30AM-9:15AM (Cardio) <i>Courtney R.</i>		9:30AM-10:15AM (Cardio) <i>Sarah T.</i>
Group Power Studio A					9:20AM-10:20AM (Strength) <i>Molly M.</i>		
Soul Fusion Studio A					10:35AM-11:20AM (Pilates & Yoga) <i>Gina C.</i>		
UpLift Studio A						12:15PM-1:15PM (Cardio & Strength Combo) <i>Lauren R.</i>	
Barre Fusion Studio B							8:15AM-9:15AM (Pilates & Yoga) <i>Sarah J.</i>
Yoga Flow Studio A							9:00AM-10:15AM (Pilates & Yoga) <i>Emily B.</i>



Virtual Studio | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio Strength Southdale Virtual Studio			7:45AM-8:15AM (Strength) <i>Clare O.</i> 8:15AM-8:45AM (Strength) <i>Clare O.</i>	7:00AM-7:30AM (Strength) <i>Clare O.</i>			2:45PM-3:15PM (Strength) <i>Clare O.</i>
CANCELED: Yoga Dayton Virtual Studio			8:30AM-9:15AM (Pilates & Yoga) <i>Mike K.</i>				
Yoga Dayton Virtual Studio			9:30AM-10:00AM (Pilates & Yoga) <i>Karen A.</i>				
Gentle Yoga Dayton Virtual Studio			10:00AM-10:30AM (Pilates & Yoga) <i>Karen A.</i>				
Group Cycle Dayton Virtual Studio			11:15AM-11:45AM (Cardio) <i>Angie J.</i>				
Studio Strength Dayton Virtual Studio			12:00PM-12:30PM (Strength) <i>Olivia W.</i> 12:45PM-1:15PM (Strength) <i>Angie J.</i>				
ForeverWell Strength Dayton Virtual Studio			1:30PM-2:00PM (55+) <i>Angie J.</i>				
Yoga Flow Southdale Virtual Studio			4:45PM-5:15PM (Pilates & Yoga) <i>Kayla L.</i>				
Yoga Southdale Virtual Studio			5:30PM-6:00PM (Pilates & Yoga) <i>Kayla L.</i>				
Cardio Southdale Virtual Studio				7:30AM-8:00AM (Cardio) <i>Clare O.</i>			
ForeverWell Cardio Southdale Virtual Studio				8:00AM-8:45AM (55+) <i>Clare O.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Arthritis Exercise Southdale Virtual Studio				8:45AM-9:15AM (55+) <i>Clare O.</i>			
Step Southdale Virtual Studio				9:30AM-10:15AM (Cardio & Strength Combo) <i>JoJo G.</i>			
ForeverWell Combo Dayton Virtual Studio				10:30AM-11:15AM (Cardio & Strength Combo) <i>Maureen B.</i>			
Core Conditioning Southdale Virtual Studio				10:30AM-11:00AM (Strength) <i>JoJo G.</i>			4:00PM-4:30PM (Strength) <i>Clare O.</i>
Yoga Sculpt Southdale Virtual Studio				4:45PM-5:15PM (Pilates & Yoga) <i>Kayla L.</i>			
Restorative Yoga Southdale Virtual Studio				5:30PM-6:00PM (Pilates & Yoga) <i>Kayla L.</i>			
SilverSneakers™ Yoga Southdale Virtual Studio							2:00PM-2:45PM (55+) <i>Clare O.</i>
Body Weight Training Southdale Virtual Studio							3:30PM-4:00PM (Cardio & Strength Combo) <i>Clare O.</i>



Hastings YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Exercise Pool REGISTER			8:00AM-8:45AM (Water Exercise) <i>Tracy S.</i>	5:45PM-6:30PM (Water Exercise) <i>Yvonne</i>	8:00AM-8:45AM (Water Exercise) <i>Tracy S.</i>	8:00AM-8:45AM (Water Exercise) <i>Yvonne</i>	
Step Studio A			8:15AM-9:00AM (Cardio) <i>Kelly B.</i>	9:15AM-10:15AM (Cardio) <i>Kelly B.</i>			
SilverSneakers™ Circuit Gym			9:15AM-10:00AM (55+) <i>Tracy S.</i>		9:15AM-10:00AM (55+) <i>Tracy S.</i>		
ForeverWell Cardio Studio A			9:15AM-10:00AM (55+) <i>Kelly B.</i>				
R.I.P.P.E.D. Studio B			9:15AM-10:10AM (Cardio & Strength Combo) <i>Victoria S.</i>				
Core Conditioning Studio A			10:15AM-10:45AM (Strength) <i>Victoria S.</i>				
SilverSneakers™ Classic Gym			10:15AM-11:00AM (55+) <i>Riley B.</i>		10:15AM-11:00AM (55+) <i>Riley B.</i>		
Line Dancing Studio B			10:15AM-11:15AM (Dance) <i>Deena B.</i>				
ForeverWell Water X Pool REGISTER			10:15AM-11:00AM (Water Exercise) <i>Jennifer M.</i>		10:15AM-11:00AM (Water Exercise) <i>Tracy S.</i>		
Line Dancing-Intermediate/Adv. Studio B			11:15AM-12:15PM (Cardio & Strength Combo) <i>Deena B.</i>				
Cycle Fusion Studio C			5:00PM-6:00PM (Cardio) <i>Jamie L.</i>		9:15AM-10:00AM (Cardio) <i>Vanessa</i>		
Yoga Studio A			5:30PM-6:30PM (Pilates & Yoga) <i>Jessica B.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SHiNE Dance Fitness Studio B			5:45PM-6:45PM (Dance) <i>Kari</i>		4:30PM-5:30PM (Dance) <i>Kari</i>		
Sound Baths Studio A			6:45PM-7:15PM (Pilates & Yoga) <i>Jessica B.</i>				
Gentle Yoga Studio B				8:00AM-9:00AM (Pilates & Yoga) <i>Tracy S.</i>			
Mat Pilates Studio A				8:15AM-9:00AM (Pilates & Yoga) <i>Kelly B.</i>			
BodyPump™ Studio B				9:15AM-10:15AM (Strength) <i>Ashley M.</i> 6:00PM-7:00PM (Strength) <i>Kevin</i>		8:30AM-9:30AM (Strength) <i>Jamie L.</i>	
SilverSneakers™ Yoga Gym				10:15AM-11:00AM (55+) <i>DeAnn N.</i>			
Group Active Studio B				10:30AM-11:30AM (Cardio & Strength Combo) <i>Ashley M.</i>			
Oula™ Studio A				10:30AM-11:30AM (Dance) <i>Shana M.</i>			
Gentle Yoga Studio A				5:45PM-6:45PM (Pilates & Yoga) <i>Julie G.</i>			
Studio Combo Studio B					8:15AM-9:00AM (Cardio & Strength Combo) <i>DeAnn N.</i>		
Yoga Flow Studio B					9:15AM-10:15AM (Pilates & Yoga) <i>DeAnn N.</i>		
Group Blast Studio B						7:30AM-8:20AM (Cardio) <i>Jamie L.</i>	
SHiNE Dance Fitness Studio A						9:00AM-10:00AM (Dance) <i>Mattie S.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Centergy Studio B						9:40AM-10:40AM (Pilates & Yoga) <i>Jamie L.</i>	
CANCELED: Sound Baths Studio A							3:45PM-4:30PM (Pilates & Yoga) <i>Julie P.</i>



Blaisdell YMCA - South Minneapolis | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep Water Exercise Pool REGISTER			8:15AM-9:00AM (Water Exercise) <i>Andrew E.</i>				
Group Active Studio A			9:30AM-10:30AM (Cardio & Strength Combo) <i>Christine C.</i>				
SilverSneakers™ Circuit Studio A			11:30AM-12:15PM (55+) <i>Marianna P.</i>				
Mat Pilates Studio A			12:30PM-1:30PM (Pilates & Yoga) <i>Bon M.</i>				
BodyPump™ Studio A			4:00PM-5:00PM (Strength) <i>Heather L.</i> 6:30PM-7:30PM (Strength) <i>Beth L.</i>	6:00AM-7:00AM (Strength) <i>Alexis N.</i> 5:00PM-6:00PM (Strength) <i>Sarah J.</i>	8:45AM-9:45AM (Strength) <i>Andrew E.</i>	9:30AM-10:30AM (Strength) <i>Heather L.</i>	10:30AM-11:30AM (Strength) <i>Sarah J.</i>
Oula™ Studio A			5:15PM-6:15PM (Dance) <i>Molly D.</i>			8:15AM-9:15AM (Dance) <i>Ruthanne C.</i>	
Group Cycle Studio C			5:30PM-6:15PM (Cardio) <i>Julia L.</i>	12:00PM-12:45PM (Cardio) <i>Jean W.</i>		8:30AM-9:15AM (Cardio) <i>Sarah S.</i>	
Yoga Studio C			6:30PM-7:30PM (Pilates & Yoga) <i>Brett W.</i>	10:30AM-11:30AM (Pilates & Yoga) <i>Jean J.</i>		9:30AM-10:30AM (Pilates & Yoga) <i>Jean J.</i>	
SilverSneakers™ Yoga Studio A				10:30AM-11:15AM (55+) <i>Marianna P.</i>			
ForeverWell Cardio Studio A				11:30AM-12:15PM (55+) <i>Marianna P.</i>			
Yoga Flow Studio C				5:30PM-6:30PM (General) <i>Kim K.</i>	10:00AM-11:15AM (Pilates & Yoga) <i>Mary M.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CANCELED: Deep Water Exercise Pool REGISTER					8:15AM-9:00AM (Water Exercise) <i>Kristen H.</i>		
ForeverWell Yoga Studio A					10:00AM-10:45AM (55+) <i>Sandra B.</i>		
ForeverWell Strength Studio A					11:00AM-11:45AM (55+) <i>Sandra B.</i>		
Step Studio A					5:15PM-6:00PM (Cardio) <i>Yolonda</i>		12:00PM-12:45PM (Cardio) <i>Yolonda</i>
Core Conditioning Studio A					6:00PM-6:30PM (Strength) <i>Yolonda</i>		
CANCELED: Water Exercise Pool REGISTER						8:00AM-8:45AM (Water Exercise) <i>Heather C.</i>	
R.I.P.P.E.D. Studio A							9:15AM-10:15AM (Cardio & Strength Combo) <i>EG N.</i>
Latin Hip Hop Studio C							10:00AM-11:00AM (Dance) <i>Kay J.</i>
Yoga Flow Studio A							1:00PM-2:00PM (Pilates & Yoga) <i>Eddieberto S.</i>



Harold Mezile North Community YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers™ Classic Gym			9:30AM-10:15AM (55+) <i>Tanisha R.</i>				
Water Exercise Pool				8:30AM-9:15AM (55+) <i>Mike M.</i>			
ForeverWell Combo Gym				10:45AM-11:30AM (55+) <i>Renee B.</i>			
Pickleball Full Gym Gym				12:00PM-2:00PM (General) <i>Staff</i>			
ForeverWell Cycle Gym REGISTER					10:00AM-11:00AM (Cardio) <i>Eric</i>		
Core Conditioning Gym					11:00AM-11:30AM (Strength) <i>Eric</i>		



Dayton at Gaviidae YMCA - Downtown Minneapolis | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gentle Yoga Harmony			9:30AM-10:15AM (Pilates & Yoga) <i>Mary L.</i>		10:30AM-11:15AM (Pilates & Yoga) <i>Bliss B.</i>		
ForeverWell Strength StudioEx			10:30AM-11:15AM (55+) <i>Maureen B.</i>				
Group Power StudioEx			12:00PM-1:00PM (Strength) <i>David B.</i>				
Community Acupuncture (Free) The Woodlands			12:00PM-2:00PM (Integrative Health and Wellbeing) <i>Bethany</i>				
Sound Baths Harmony			12:00PM-1:00PM (Integrative Health and Wellbeing) <i>Hayl L.</i>				
Performance Cycle Cycle Studio				6:00AM-7:00AM (Cardio) <i>Erik B.</i>			
ForeverWell Combo StudioEx				9:30AM-10:15AM (55+) <i>Sandra B.</i>			
Core Conditioning StudioEx				10:15AM-10:45AM (General) <i>Sandra B.</i>			
SilverSneakers™ Classic StudioEx				11:00AM-11:45AM (55+) <i>Sandra B.</i>			
Group Cycle Cycle Studio				11:45AM-12:30PM (Cardio) <i>Dan S.</i>			
Sound Baths StudioEx				12:00PM-1:00PM (Integrative Health and Wellbeing) <i>Priscilla M.</i>			
Group Centergy Harmony				5:00PM-6:00PM (Pilates & Yoga) <i>Abby M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyPump™ StudioEx				5:00PM-6:00PM (Strength) <i>Hank B.</i>			
Tai Chi 1 Harmony					9:30AM-10:15AM (Pilates & Yoga) <i>Scott S.</i>		
HIIT StudioEx					11:30AM-12:15PM (Cardio & Strength Combo) <i>Jessica W.</i>		
Water Exercise Lap Pool						9:00AM-9:45AM (Water Exercise) <i>Rose B.</i>	
Yoga Flow Harmony						9:30AM-10:30AM (Pilates & Yoga) <i>Minda O.</i>	



Southdale YMCA - Edina - Swim | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open/Rec Swim Vortex On Leisure Pool REGISTER			5:00PM-5:55PM (Swim) <i>Staff</i> 6:00PM-6:55PM (Swim) <i>Staff</i> 7:00PM-7:55PM (Swim) <i>Staff</i>		5:00PM-5:55PM (Swim) <i>Staff</i> 6:00PM-6:55PM (Swim) <i>Staff</i> 7:00PM-7:55PM (Swim) <i>Staff</i>	9:00AM-9:55AM (Swim) <i>Staff</i> 10:00AM-10:55AM (Swim) <i>Staff</i> 11:00AM-11:55AM (Swim) <i>Staff</i> 12:00PM-12:55PM (Swim) <i>Staff</i> 1:00PM-1:55PM (Swim) <i>Staff</i> 2:00PM-2:55PM (Swim) <i>Staff</i>	2:00PM-2:50PM (Swim) <i>Staff</i> 3:00PM-3:50PM (Swim) <i>Staff</i> 4:00PM-4:45PM (Swim) <i>Staff</i>
Vortex Current Channel 18+ Leisure Pool REGISTER				4:20PM-4:50PM (Swim) <i>Staff</i> 4:55PM-5:25PM (Swim) <i>Staff</i> 5:30PM-6:00PM (Swim) <i>Staff</i> 6:05PM-6:35PM (Swim) <i>Staff</i> 6:40PM-7:10PM (Swim) <i>Staff</i>			



Blaisdell YMCA - South Minneapolis - Swim | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open/Recreation Swim Pool REGISTER					4:00PM-4:55PM (Swim) Self L. 5:00PM-5:55PM (Swim) Self L. 6:20PM-7:15PM (Swim) Self L.		
Open/Recreation Swim Lap Pool REGISTER						1:00PM-1:55PM (Swim) Staff 2:00PM-2:55PM (Swim) Staff 3:00PM-3:55PM (Swim) Staff	1:00PM-1:55PM (Swim) Staff 2:00PM-2:55PM (Swim) Staff 3:00PM-3:55PM (Swim) Staff



YMCA Camp Warren | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Camp Menogyn Wilderness First Responder ReCert at Camp Warren -Non Staff Register						8:00AM-6:00PM (WFR Wilderness First Responder ReCert)	8:00AM-6:00PM (WFR Wilderness First Responder ReCert)
Camp Menogyn Wilderness First Responder ReCert at Camp Warren -Staff Register						8:00AM-6:00PM (WFR Wilderness First Responder ReCert)	8:00AM-6:00PM (WFR Wilderness First Responder ReCert)