



Forest Lake YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|------------------------------|---|--|--|--|--|--------|
| Forest Lake ForeverWell Ukulele Level 3 Class Mon 3/31 12:20 PM Register | 12:20PM-1:20PM (Classes) | | | | | | |
| Forest Lake ForeverWell Ukulele Level 4 Class Mon 3/31 1:30 PM Register | 1:30PM-2:30PM (Classes) | | | | | | |
| Forest Lake ForeverWell Ukulele Level 2 Class Mon 3/31 11:10 AM Register | 11:10PM-12:10PM (Classes) | | | | | | |
| BodyPump™ Studio 1 | | 5:15AM-6:15AM (Strength) <i>Danae M.</i> 9:00AM-10:00AM (Strength) <i>Chuck H.</i> | 6:45AM-7:45AM (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> | |
| Shallow Water Exercise Pool | | 8:00AM-9:00AM (Water Exercise) <i>Cricket S.</i> 9:00AM-10:00AM (Water Exercise) <i>Cricket S.</i> | | 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 | | 8:05AM-9:00AM (Pilates & Yoga) <i>Renee F.</i> | | 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>Adrielle B.</i> | |
| HIIT Studio 2 | | 9:10AM-9:55AM (Cardio & Strength Combo) <i>Amy H.</i> | | | 9:30AM-10:15AM (Cardio & Strength Combo) <i>Amy H.</i> | | |
| Oula™ Studio 2 | | 10:05AM-11:05AM (Dance) <i>Christina N.</i> | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|---|---|---|--|--|
| SilverSneakers™ Classic Studio 1 | | 10:15AM-11:00AM (55+) <i>Amy H.</i> | | | | | |
| Mat Pilates Studio 1 | | 4:15PM-5:00PM (Pilates & Yoga) <i>Adrielle B.</i> | | | | | |
| Yoga Studio 2 | | 5:00PM-6:00PM (Pilates & Yoga) <i>Angie K.</i> | 9:30AM-10:30AM (Pilates & Yoga) <i>Bethany G.</i> 6:00PM-7:00PM (Pilates & Yoga) <i>Renee F.</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> |
| R.I.P.P.E.D. Studio 1 | | 5:15PM-6:15PM (Cardio & Strength Combo) <i>Kayla M.</i> | | | | 9:30AM-10:30AM (Cardio & Strength Combo) <i>Stephen R.</i> | |
| Water Exercise Pool REGISTER | | 6:00PM-6:45PM (Water Exercise) <i>Adrielle B.</i> | 8:00AM-9:00AM (Water Exercise) <i>Marta B.</i> | | | | |
| BodyPump™ Studio 2 | | 6:15PM-7:15PM (Strength) <i>Lucas M.</i> | | | | | 8:10AM-9:10AM (Strength) <i>Lucas M.</i> |
| UpLift Studio 1 | | 6:30PM-7:00PM (Dance) <i>Rachel</i> | | 6:45PM-7:15PM (Cardio & Strength Combo) <i>Stephanie M.</i> | 5:00PM-6:00PM (Dance) <i>Rachel</i> | | |
| SHiNE Dance Fitness Studio 1 | | 7:00PM-7:45PM (Dance) <i>Rachel</i> | | | | | |
| 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> | | |
| Water Exercise Power Pool | | | 7:00AM-8:00AM (Water Exercise) <i>Diane B.</i> | | | | |
| Yoga Sculpt Studio 2 | | | 8:15AM-9:15AM (Pilates & Yoga) <i>Renee F.</i> 5:00PM-5:55PM (Pilates & Yoga) <i>Renee F.</i> | | 8:15AM-9:15AM (Pilates & Yoga) <i>Erin P.</i> | | |
| ForeverWell Combo Studio 1 | | | 8:30AM-9:15AM (55+) <i>Amy H.</i> | | 8:30AM-9:15AM (55+) <i>Amy H.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|--|---|---|----------|--|
| Oula™ Studio 1 | | | 9:30AM-10:30AM (Dance) <i>Jenna C.</i> | | | | |
| ForeverWell Combo Gym | | | 9:30AM-10:15AM (55+) <i>Amy H.</i> | | | | |
| ForeverWell Stretch & Strength Studio 1 | | | 10:45AM-11:30AM (55+) <i>Bethany G.</i> | | | | |
| Group Power Studio 1 | | | 5:00PM-6:00PM (Strength) <i>Lucas M.</i> | | | | |
| Zumba® Studio 1 | | | 6:15PM-7:15PM (Dance) <i>Deanna N.</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> | | | |
| 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> | | | |
| Turbo Kick™ Studio 1 | | | | 6:15PM-6:45PM (Cardio) <i>Stephanie M.</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> | | |



Hudson YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|----------------------------------|--|--|--|---|--|--|
| Adult Racquetball League at Hudson (Doubles and Advanced Singles) Mon 5:00PM Register | 5:00PM-9:00PM (Racket Sports) | | | | | | |
| BodyPump™ Studio 1 | | 5:10AM-6:10AM (Strength) <i>Ann P.</i> 4:30PM-5:30PM (Strength) <i>Carey P.</i> | 10:30AM-11:30AM (Strength) <i>Lesley B.</i> 6:15PM-7:15PM (Strength) <i>Joanne H.</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 P.</i> |
| ForeverWell Water X Lap Pool | | 7:30AM-8:15AM (Water Exercise) <i>Jean N.</i> | 8:10AM-8:55AM (Water Exercise) <i>Patty S.</i> | 7:30AM-8:15AM (Water Exercise) <i>Jean N.</i> | 7:30AM-8:15AM (Water Exercise) <i>Patty S.</i> | | |
| Water Exercise Lap Pool | | 8:20AM-9:20AM (Water Exercise) <i>Jean N.</i> | 9:00AM-10:00AM (Water Exercise) <i>Carole W.</i> | | 9:00AM-10:00AM (Water Exercise) <i>Patty S.</i> | 8:10AM-8:55AM (Water Exercise) <i>Patty S.</i> | |
| Barre Fusion Studio 1 | | 9:00AM-10:00AM (Strength) <i>Joan S.</i> | | 9:15AM-10:00AM (Strength) <i>Joan S.</i> | | | |
| ForeverWell Nordic Walking Outdoors | | 9:00AM-10:00AM (55+) <i>Self L.</i> | | | | | |
| SilverSneakers™ Yoga Studio 2 | | 9:15AM-10:00AM (55+) <i>Krista B.</i> | 9:15AM-10:00AM (55+) <i>Joanne H.</i> | | | | |
| Group Cycle Studio 3 | | 9:15AM-10:00AM (Cardio) <i>Vanessa B.</i> | 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> | | | |
| SilverSneakers™ Circuit Studio 2 | | 10:15AM-11:00AM (55+) <i>Sheryl G.</i> | | | | | |
| Yoga Flow Studio 1 | | 10:30AM-11:30AM (Pilates & Yoga) <i>Krista B.</i> | | 10:30AM-11:30AM (Pilates & Yoga) <i>Krista B.</i> | 11:45AM-12:45PM (Pilates & Yoga) <i>Joanne H.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|--|---|----------|--|--|--------|
| ForeverWell Tai Chi Studio 2 | | 11:15AM-12:00PM (55+) <i>Emma H.</i> | | | | | |
| R.I.P.P.E.D. Studio 1 | | 6:15PM-7:15PM (Cardio & Strength Combo) <i>Ken J.</i> | | | | 10:20AM-11:20AM (Cardio & Strength Combo) <i>Ken J.</i> | |
| Yoga Studio 2 | | 6:15PM-7:15PM (Pilates & Yoga) <i>Rachel F.</i> | | | | | |
| HIIT Studio 1 | | | 5:10AM-5:55AM (Cardio & Strength Combo) <i>Ann P.</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> | | | | |
| Studio Strength Studio 1 | | | 8:00AM-8:50AM (Cardio & Strength Combo) <i>Cindy D.</i> | | 8:00AM-8:50AM (Strength) <i>Cindy D.</i> | | |
| SilverSneakers™ Classic Studio 2 | | | 8:15AM-9:00AM (55+) <i>Joanne H.</i> 10:15AM-11:00AM (55+) <i>Joanne H.</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>Ann P.</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> | | | | |
| Hudson ForeverWell Wine Glass Painting Class Wed 4/30 11:15 AM Register | | | 11:15AM-1:15PM (Classes) | | | | |

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|--|--------|---------|---|--|---|--|--------|
| 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> | | | | |
| Adult Racquetball League at Hudson (Beginner & Intermediate Singles) Wed 5:00PM Register | | | 5:00PM-9:00PM (Racket Sports) | | | | |
| Hudson Competitive Stroke & Turn Development Wed 5:35 PM Register | | | 5:35PM-6:05PM (Classes) | | | | |
| Yoga Flow Studio 2 | | | | 6:30AM-7:30AM (Pilates & Yoga) <i>Krista B.</i> | | | |
| Gentle Yoga Studio 1 | | | | 8:00AM-9:00AM (Pilates & Yoga) <i>Sheryl G.</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>Jean N.</i> | | | |
| SilverSneakers™ Circuit Studio 2 | | | | 9:15AM-10:00AM (55+) <i>Terri B.</i> | 9:15AM-10:00AM (55+) <i>Sheryl G.</i> | | |
| ForeverWell Balance Studio 2 | | | | 10:15AM-11:00AM (55+) <i>Emma H.</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> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------|--------|---------|-----------|----------|--------|--|--|
| Body Pump Express Studio 1 | | | | | | 7:10AM-7:55AM (Strength) <i>Cheryl S.</i> 9:20AM-10:05AM (Strength) <i>Ann P.</i> | |
| Yoga Flow Studio 2 | | | | | | 8:00AM-9:00AM (Pilates & Yoga) <i>Joan S.</i> | |
| Yoga Studio 2 | | | | | | | 9:00AM-10:00AM (Pilates & Yoga) <i>Krista B.</i> |



St. Paul YMCA - Midway | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|----------------------------|---|--|---|---|---|---|
| St Paul Midway Competitive Stroke & Turn Development Mon 6:15 PM Register | 6:15PM-6:45PM (Classes) | | | | | | |
| Group Power Studio A | | 6:00AM-7:00AM (Strength) <i>Mary C.</i> | 9:30AM-10:30AM (Strength) <i>Linda H.</i> 12:00PM-1:00PM (Strength) <i>Linda H.</i> | | 9:30AM-10:30AM (Strength) <i>Linda H.</i> | | |
| Group Cycle Studio B REGISTER | | 6:15AM-7:00AM (Cardio) <i>Rebecca C.</i> | | | 9:00AM-10:00AM (Cardio) <i>David D.</i> | | |
| Gentle Yoga Studio A | | 8:15AM-9:15AM (Pilates & Yoga) <i>Laura G.</i> | | 11:30AM-12:30PM (Pilates & Yoga) <i>Barbara O.</i> | | | |
| Group Active Studio A | | 9:30AM-10:30AM (Cardio & Strength Combo) <i>Mary C.</i> | | 10:10AM-11:10AM (Cardio) <i>Kristy H.</i> | | | |
| Water In Motion - Original Lap Pool REGISTER | | 9:30AM-10:15AM (Water Exercise) <i>Lacy L.</i> | | | | | |
| SilverSneakers™ Yoga Flex B/C | | 10:15AM-11:00AM (55+) <i>Heidi C.</i> | | 10:15AM-11:00AM (55+) <i>Heidi C.</i> | | | |
| Flow Studio A | | 10:45AM-11:45AM (Pilates & Yoga) <i>Vance G.</i> | | | | | |
| 3D30 Studio A | | 4:20PM-4:50PM (Cardio & Strength Combo) <i>Beth L.</i> | | 9:35AM-10:05AM (Cardio & Strength Combo) <i>Kristy H.</i> | | | 10:15AM-10:45AM (Cardio & Strength Combo) <i>Katie G.</i> |
| Group Blast Studio A | | 5:05PM-6:05PM (Cardio) <i>Tonya C.</i> | | | 6:00AM-7:00AM (Cardio) <i>JJ M.</i> | 10:20AM-11:20AM (Cardio) <i>JJ M.</i> | |
| BeatBoss™ Cycle Studio B REGISTER | | 5:15PM-6:00PM (Cardio) <i>Linda M.</i> | | 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> |

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| Zumba® Flex B/C | | 5:30PM-6:30PM (Dance) <i>Yolanda K.</i> | 6:15PM-7:15PM (Dance) <i>Bryce B.</i> | | | | |
| Group Centergy Studio A | | 6:15PM-7:15PM (Pilates & Yoga) <i>Tonya C.</i> | | | | 9:10AM-10:10AM (Pilates & Yoga) <i>JJ M.</i> | |
| 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>Dori B.</i> | | | | |
| Yoga Flow Studio A | | | 7:15AM-8:15AM (Pilates & Yoga) <i>Lillie T.</i> | 4:00PM-5:00PM (Pilates & Yoga) <i>Ginny C.</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> | | | | |
| 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> |
| 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>Tonya C.</i> | | 8:00AM-9:00AM (Strength) <i>Tonya C.</i> | 9:05AM-10:05AM (Strength) <i>Beth L.</i> |
| Aqua Zumba® Lap Pool REGISTER | | | 7:00PM-7:45PM (Water Exercise) <i>Geoffrey C.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| 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> | | | |
| ForeverWell Cardio Studio A | | | | | 8:30AM-9:15AM (55+) <i>Catherine R.</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> |
| 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> | |



Andover YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|--|--|--|--|---|
| Boot Camp Studio 3 | | 5:10AM-6:10AM (Cardio & Strength Combo) <i>Lisa T.</i> | | 5:10AM-6:10AM (Cardio & Strength Combo) <i>Lisa T.</i> | | 7:10AM-7:55AM (Cardio & Strength Combo) <i>Lisa T.</i> | |
| Yoga Mind Body Studio | | 6:15AM-7:15AM (Pilates & Yoga) <i>Rewa G.</i> 6:30PM-7:30PM (Pilates & Yoga) <i>Charlene H.</i> | 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>Dawn J.</i> | | |
| Aqua Zumba® Lap Pool | | 7:00AM-7:45AM (Water Exercise) <i>Julie F.</i> | | 7:00AM-7:45AM (Water Exercise) <i>Nara W.</i> | | | |
| Group Fight Studio 3 | | 8:30AM-9:30AM (Cardio) <i>Gillian H.</i> | 6:00PM-7:00PM (Cardio) <i>Michelle R.</i> | 8:30AM-9:30AM (Cardio) <i>Gillian H.</i> | | 9:30AM-10:30AM (Cardio) <i>Holly S.</i> | |
| HIIT Studio 2 | | 8:30AM-9:15AM (Cardio & Strength Combo) <i>Tiara C.</i> | | | | | |
| Water Exercise Lap Pool | | 9:00AM-9:45AM (Water Exercise) <i>Addi N.</i> | 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> | | |
| SHiNE Dance Fitness Studio 2 | | 9:30AM-10:45AM (Dance) <i>Shannon S.</i> | 5:30AM-6:15AM (Dance) <i>Christina C.</i> 8:30AM-9:00AM (Dance) <i>Shannon S.</i> | 9:30AM-10:30AM (Dance) <i>Tina S.</i> | | | 10:05AM-11:05AM (Dance) <i>Christina C.</i> |
| PiYo Strength Mind Body Studio | | 9:30AM-10:15AM (Pilates & Yoga) <i>Angie J.</i> | 6:15PM-7:15PM (Pilates & Yoga) <i>Jackie W.</i> | | | | |
| Chair Yoga Studio 1 | | 9:30AM-10:15AM (55+) <i>Cathie H.</i> | | 9:45AM-10:30AM (55+) <i>Angie D.</i> | | | |
| Group Power Studio 3 | | 9:45AM-10:45AM (Strength) <i>Gillian H.</i> | | 9:45AM-10:45AM (Strength) <i>Gillian H.</i> | | | 4:45PM-5:30PM (Strength) <i>Angie S.</i> |
| Yoga Flow Mind Body Studio | | 10:30AM-11:30AM (Pilates & Yoga) <i>Dawn P.</i> | 5:00PM-6:00PM (Pilates & Yoga) <i>April O.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|--|--|--|---|----------|---|
| ForeverWell Strength Studio 3 | | 11:00AM-11:45AM (55+) <i>Angie J.</i> | | | | | |
| Restorative Yoga Mind Body Studio | | 12:00PM-1:00PM (Pilates & Yoga) <i>Dawn P.</i> | | 12:00PM-1:00PM (Pilates & Yoga) <i>Dawn J.</i> | 10:45AM-11:45AM (Pilates & Yoga) <i>Chandra D.</i> | | |
| Group Blast Studio 3 | | 4:45PM-5:45PM (Cardio) <i>Holli H.</i> | | | | | |
| R.I.P.P.E.D. Studio 3 | | 6:00PM-7:00PM (Cardio & Strength Combo) <i>Michelle R.</i> | | | 5:10AM-6:10AM (Cardio & Strength Combo) <i>Tonya R.</i> 9:30AM-10:30AM (Cardio & Strength Combo) <i>Tiara C.</i> | | |
| BodyPump™ Studio 3 | | | 5:15AM-6:15AM (Strength) <i>Tonya R.</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> | | | | |
| UpLift Studio 2 | | | 9:00AM-9:30AM (Strength) <i>Shannon S.</i> | | | | 9:00AM-10:00AM (Strength) <i>Christina C.</i> |
| Tabata Studio 3 | | | 9:30AM-10:15AM (Cardio & Strength Combo) <i>Anne M.</i> | | | | |
| Group Active Studio 2 | | | 9:45AM-10:45AM (Cardio & Strength Combo) <i>Addi N.</i> | | 9:30AM-10:30AM (Cardio & Strength Combo) <i>Addi N.</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 |
|--|--------|---------|-----------|---|--|--|---|
| 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>Nara W.</i> |
| Gentle Yoga Mind Body Studio | | | | 10:45AM-11:45AM (Pilates & Yoga) <i>Dawn J.</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>Julie F.</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>Shelley K.</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> | | |
| 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>Jared S.</i> | | |
| Oula™ Studio 2 | | | | | 6:00PM-7:00PM (Dance) <i>Nina M.</i> | | |
| BodyPump™ Studio 2 | | | | | | 8:15AM-9:15AM (Strength) <i>Susie G.</i> | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|--------|--|--|
| PiYo Strength Studio 3 | | | | | | 8:15AM-9:15AM (Pilates & Yoga) <i>Traci S.</i> | |
| Cardio Dance Studio 2 | | | | | | 9:30AM-10:30AM (Dance) <i>Marissa M.</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> |



Elk River YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|--|--|--|---|---|--------|
| R.I.P.P.E.D. Studio A | | 5:15AM-6:15AM (Cardio) <i>Carrie S.</i> | | 5:15AM-6:15AM (Cardio & Strength Combo) <i>Jill J.</i> | | | |
| Water Exercise Leisure Pool REGISTER | | 8:00AM-8:45AM (Water Exercise) <i>Sharon L.</i> | | 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> | | 9:00AM-10:00AM (Water Exercise) <i>Sharon L.</i> | | | |
| Zumba® Studio B | | 9:15AM-10:15AM (Dance) <i>Natalie K.</i> | | | | | |
| Tabata Studio A | | 9:30AM-10:15AM (Cardio & Strength Combo) <i>Kelly F.</i> | | | | 9:20AM-10:05AM (Cardio & Strength Combo) <i>Brittany W.</i> | |
| Mat Pilates Studio A | | 10:30AM-11:15AM (Pilates & Yoga) <i>Natalie K.</i> | | | 10:45AM-11:30AM (Pilates & Yoga) <i>Angela P.</i> | | |
| Chair Yoga Community Room | | 10:45AM-11:30AM (55+) <i>Angela P.</i> | | 10:45AM-11:30AM (55+) <i>Angela P.</i> | | | |
| Studio Strength Studio A | | 5:15PM-6:00PM (Strength) <i>Sarah C.</i> | | | | | |
| SHiNE Dance Fitness Studio B | | 6:15PM-7:15PM (Dance) <i>Jessica</i> | | | | | |
| BodyPump™ Studio A | | | 5:15AM-6:15AM (Strength) <i>Kim B.</i> | 5:15PM-6:15PM (Strength) <i>Susan S.</i> | 9:30AM-10:30AM (Strength) <i>Kelly F.</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> | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|--|--|--|--|--|
| 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>Dana M.</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> | | | | |
| Boot Camp Studio A | | | | 9:30AM-10:15AM (Cardio & Strength Combo) <i>Brandie N.</i> | | | |
| ForeverWell Combo Community Room | | | | 9:45AM-10:30AM (55+) <i>Jared S.</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> | | |
| Yoga Flow Studio A | | | | | | 8:10AM-9:10AM (Pilates & Yoga) <i>Jessica H.</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>Rachel T.</i> | |



New Hope YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|--|---|--|---|--|---|
| BodyPump™ Studio 1 | | 5:20AM-6:20AM (Strength) <i>Kimberly D.</i> | | 5:20AM-6:20AM (Strength) <i>Kimberly D.</i> | 10:30AM-11:30AM (Strength) <i>Angie D.</i> | 8:00AM-9:00AM (Strength) <i>Angie D.</i> | |
| Aqua Zumba® Pool REGISTER | | 8:00AM-9:00AM (Water Exercise) <i>Maren V.</i> | | 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 (Cardio & Strength Combo) <i>Angie D.</i> 10:30AM-11:15AM (Cardio & Strength Combo) <i>Renee B.</i> | | 8:15AM-9:00AM (55+) <i>Renee B.</i> | | | |
| ForeverWell Balance Studio 1 | | 9:30AM-10:15AM (55+) <i>Nancy</i> | | | | | |
| Zumba Gold® Studio 2 | | 9:45AM-10:30AM (55+) <i>Maren V.</i> | | | | | |
| Arthritis Water Exercise Pool REGISTER | | 11:00AM-11:45AM (Water Exercise) <i>Carole H.</i> | | | | | |
| Chair Yoga Studio 1 | | 11:30AM-12:15PM (55+) <i>Shayna</i> | | | | | |
| Yoga Sculpt Studio 2 | | 5:15PM-6:15PM (Pilates & Yoga) <i>Denise P.</i> | | | | | |
| Group Cycle Studio 1 REGISTER | | 5:15PM-6:00PM (Cardio) <i>Amanda Z.</i> | 5:30AM-6:15AM (Cardio) <i>Rob A.</i> | | 5:30AM-6:15AM (Cardio) <i>Lori D.</i> | | 9:30AM-10:15AM (Cardio) <i>Amanda Z.</i> |
| Latin Hip Hop Studio 1 | | 6:15PM-7:15PM (Dance) <i>Elyse M.</i> | | | | | |
| CANCELED: HIIT Studio 2 | | 6:30PM-7:15PM (Cardio) <i>Elizabeth L.</i> | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|--|--|---|---|--------|
| 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> | | |
| SilverSneakers™ Yoga Studio 1 | | | 11:00AM-11:45AM (55+) <i>Nancy</i> | | 11:45AM-12:30PM (55+) <i>Nancy</i> | | |
| Adult Water Volleyball Pool | | | 11:00AM-1:00PM (General) <i>Staff</i> | | 11:00AM-1:00PM (General) <i>Staff</i> | | |
| Line Dancing Studio 2 | | | 11:00AM-11:45AM (Dance) <i>Virtually</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>Virtually</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>Sallie H.</i> | |
| Oula™ Studio 1 | | | 6:30PM-7:30PM (Dance) <i>Laura O.</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>Carole H.</i> | | | |
| Mat Pilates Studio 2 | | | | | 8:15AM-9:00AM (Pilates & Yoga) <i>Kris M.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------|--------|---------|-----------|----------|--|--|--------|
| Gentle Yoga Studio 2 | | | | | 9:30AM-10:30AM (Pilates & Yoga) <i>Mary A.</i> | | |
| Group Centergy Studio 2 | | | | | | 7:45AM-8:45AM (Pilates & Yoga) <i>Sallie H.</i> | |
| Zumba® Studio 1 | | | | | | 10:15AM-11:00AM (Dance) <i>Maren V.</i> | |
| ForeverWell Combo Studio 2 | | | | | | 11:00AM-11:45AM (Cardio & Strength Combo) <i>Virtually</i> | |



Emma B. Howe YMCA - Coon Rapids | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|---|---|---|--|--|
| 3D30 Fitness Studio | | 5:30AM-6:00AM (Cardio & Strength Combo) <i>Craig D.</i> | | 5:30AM-6:00AM (Cardio & Strength Combo) <i>Craig D.</i> | | | |
| Group Centergy Fitness Studio | | 8:00AM-9:00AM (Pilates & Yoga) <i>Karri S.</i> | | 8:00AM-9:00AM (Pilates & Yoga) <i>Karri S.</i> 5:20PM-6:20PM (Pilates & Yoga) <i>Charlene H.</i> | | | 9:45AM-10:45AM (Pilates & Yoga) <i>Amanda W.</i> |
| ForeverWell Combo Multi Purpose Studio | | 8:15AM-9:00AM (55+) <i>Stephanie E.</i> | | | | | |
| BodyPump™ Fitness Studio | | 9:30AM-10:30AM (Strength) <i>Angie O.</i> 5:00PM-6:00PM (Strength) <i>Lindsey G.</i> | 6:00AM-7:00AM (Strength) <i>Wini F.</i> 11:30AM-12:30PM (Strength) <i>Lydia M.</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>Wini F.</i> | |
| SilverSneakers™ Circuit Multi Purpose Studio | | 9:30AM-10:15AM (55+) <i>Velma H.</i> | 9:30AM-10:15AM (55+) <i>Chandra D.</i> | 9:30AM-10:15AM (55+) <i>Kim G.</i> | | | |
| Parkinson's Cycle Fitness Alcove | | 10:00AM-11:00AM (55+) <i>Tiffany K.</i> | | 10:00AM-11:00AM (55+) <i>Tiffany K.</i> | | | |
| Gentle Yoga Multi Purpose Studio | | 10:30AM-11:30AM (Pilates & Yoga) <i>Ann S.</i> | 5:30PM-6:30PM (Pilates & Yoga) <i>Dale K.</i> | | | | |
| ForeverWell Strength Fitness Studio | | 10:45AM-11:30AM (55+) <i>Velma H.</i> | | | | | |
| Water Exercise Pool | | 11:00AM-11:45AM (Water Exercise) <i>Julia G.</i> | | | 8:15AM-9:00AM (Water Exercise) <i>Rachel L.</i> | | |
| Tai Chi For Health Inst. Multi Purpose Studio | | 11:45AM-12:45PM (55+) <i>Dale K.</i> | | | 11:30AM-12:30PM (General) <i>Dale K.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---|--|--|--|--|--------|
| Group Cycle Fitness Alcove | | 6:00PM-6:45PM (Cardio) <i>Lindsey G.</i> | 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>Dave S.</i> | |
| Zumba® Fitness Studio | | 6:15PM-7:15PM (Dance) <i>Darcy F.</i> | 10:30AM-11:15AM (Dance) <i>Tiffany K.</i> | | | | |
| Tabata Multi Purpose Studio | | | 5:45AM-6:30AM (Cardio) <i>Stephanie E.</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>Angie O.</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>Dawn J.</i> | | | | |
| ForeverWell Stretch Multi Purpose Studio | | | 10:30AM-11:15AM (55+) <i>Ann S.</i> | | 10:30AM-11:15AM (55+) <i>Dale K.</i> | | |
| Boot Camp Fitness Studio | | | 4:30PM-5:15PM (Cardio & Strength Combo) <i>Amanda W.</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> | | | | |
| ForeverWell Cycle Fitness Alcove | | | | 7:00AM-7:45AM (55+) <i>Chuck H.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|---|--|--|---|
| Bible Study Emma B. Howe YMCA - Coon Rapids Register | | | | 10:30AM-11:30AM (Virtual Social Groups and Classes Faith Study and Prayer Groups) <i>Kim G.</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>Tanya K.</i> | | | |
| Tabata Fitness Studio | | | | | 5:45AM-6:30AM (Cardio & Strength Combo) <i>Cindy D.</i> | | |
| Step Fitness Studio | | | | | 7:45AM-8:45AM (Cardio) <i>Cindy D.</i> | | 8:30AM-9:30AM (Cardio) <i>Cindy D.</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> | | |
| Line Dancing Fitness Studio | | | | | 1:00PM-2:00PM (Dance) <i>Kim G.</i> | | |
| Social Group - Happy Hour Emma B. Howe YMCA - Coon Rapids Register | | | | | 4:00PM-5:00PM (Virtual Social Groups and Classes Social Groups) <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>Natalie K.</i> | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|----------|--|--|--------|
| 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>Ari N.</i> | |



Woodbury YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|--|--|---|---|--|--------|
| BodyPump™ Studio 3 | | 5:30AM-6:30AM (Strength) <i>Elizabeth O.</i> | | | 5:30AM-6:30AM (Strength) <i>Elizabeth O.</i> 10:30AM-11:30AM (Strength) <i>Ashley M.</i> | 7:20AM-8:20AM (Strength) <i>Jill B.</i> | |
| Mat Pilates Studio 1 | | 8:00AM-9:00AM (Pilates & Yoga) <i>Sara F.</i> | | | 5:30AM-6:15AM (Pilates & Yoga) <i>Emily S.</i> | | |
| Water Tabata Pool | | 8:30AM-9:00AM (Water Exercise) <i>Cheryl H.</i> | | | | | |
| Zumba® Studio 1 | | 9:15AM-10:15AM (Dance) <i>Jessica J.</i> | 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> | |
| Water Exercise Power Pool REGISTER | | 9:15AM-10:00AM (Water Exercise) <i>Cheryl H.</i> | | 9:15AM-10:00AM (Water Exercise) <i>Colleen V.</i> | | | |
| Group Cycle Studio 2 REGISTER | | 9:15AM-10:00AM (Cardio) <i>Lesley B.</i> 5:30PM-6:15PM (Cardio) <i>Susanne S.</i> | 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>Anne W.</i> | |
| SilverSneakers™ Yoga Studio 3 | | 9:30AM-10:15AM (55+) <i>Katie S.</i> 12:30PM-1:15PM (55+) <i>Julie S.</i> | | 9:30AM-10:15AM (55+) <i>Katie S.</i> | | | |
| Boot Camp Studio 3 | | 10:30AM-11:15AM (Cardio & Strength Combo) <i>Lesley B.</i> | | | | | |
| SilverSneakers™ Classic Studio 1 | | 10:30AM-11:15AM (55+) <i>Deb M.</i> | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|---|--|---|--|--------|
| Tai Chi 1 Studio 1 | | 11:30AM-12:30PM (55+) <i>Kimberley S.</i> | | | | | |
| ForeverWell Cardio Studio 3 | | 11:30AM-12:15PM (55+) <i>Deb M.</i> | 11:40AM-12:25PM (55+) <i>Katie S.</i> | | | | |
| Tai Chi 2 Studio 1 | | 12:40PM-1:25PM (55+) <i>Kimberley S.</i> | | | | | |
| Gentle Yoga Studio 2 | | 1:00PM-2:00PM (Pilates & Yoga) <i>Kali H.</i> | | | | | |
| Yoga Studio 1 | | 5:30PM-6:30PM (Pilates & Yoga) <i>Elizabeth M.</i> | | | | | |
| Group Power Studio 3 | | 5:30PM-6:30PM (Strength) <i>Joanna U.</i> | | 5:30AM-6:30AM (Strength) <i>Kathy A.</i> | | | |
| Group Centergy Studio 1 | | 6:45PM-7:45PM (Pilates & Yoga) <i>Julie S.</i> | 9:15AM-10:15AM (Pilates & Yoga) <i>Julie S.</i> | 9:00AM-10:00AM (Pilates & Yoga) <i>Sara F.</i> | | 10:15AM-11:15AM (Pilates & Yoga) <i>Meg M.</i> | |
| CANCELED: Group Fight Studio 3 | | 6:45PM-7:45PM (Cardio & Strength Combo) <i>Natasha S.</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 (55+) <i>Adeline 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>Debbie B.</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> | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|--|---|--|--|--|
| SilverSneakers™ Circuit Studio 1 | | | 10:30AM-11:15AM (55+) <i>Julie S.</i> | | | | |
| BodyPump™ Studio 3 | | | 10:30AM-11:30AM (Strength) <i>Ashley M.</i> 5:30PM-6:30PM (Strength) <i>Laurel I.</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> | | | |
| 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>Adeline S.</i> | | |
| Group Fight Studio 3 | | | 6:45PM-7:45PM (Cardio & Strength Combo) <i>Laurel I.</i> | | | | |
| Barre Fusion Studio 1 | | | | 8:00AM-8:45AM (Pilates & Yoga) <i>Susanne S.</i> | | | |
| Zumba Gold® Studio 3 | | | | 10:45AM-11:30AM (Dance) <i>Colleen V.</i> | | | |
| 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> | | | |
| 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> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|--|----------|--|
| 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> | | |
| Group Centergy Studio3 | | | | | | | 8:15AM-9:15AM (Pilates & Yoga) <i>Emily S.</i> |
| Group Core Studio 3 | | | | | | | 9:20AM-9:50AM (General) <i>Natasha S.</i> |
| Group Blast Studio 3 | | | | | | | 10:00AM-11:00AM (Cardio) <i>Natasha S.</i> |
| Yoga Studio 3 | | | | | | | 11:15AM-12:15PM (Pilates & Yoga) <i>Elizabeth M.</i> |



St. Paul YMCA - Eastside | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|--|--|---|---|---|
| BodyPump™ Studio | | 5:45AM-6:45AM (Strength) <i>Barb I.</i> | 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> | |
| Water Exercise Pool REGISTER | | 8:45AM-9:30AM (Water Exercise) <i>Mel P.</i> | | 8:45AM-9:30AM (Water Exercise) <i>Mel P.</i> | 10:00AM-10:45AM (Water Exercise) <i>Pam</i> | | |
| Oula™ Studio | | 8:55AM-9:55AM (Dance) <i>Mary B.</i> | 5:45AM-6:45AM (Dance) <i>Mary B.</i> | 6:45PM-7:45PM (Dance) <i>Sarah D.</i> | | | 12:00PM-1:00PM (Dance) <i>Mary B.</i> |
| SilverSneakers™ Circuit Studio | | 10:00AM-10:45AM (55+) <i>Barb I.</i> | | 10:00AM-10:45AM (55+) <i>Mel P.</i> | | | |
| SilverSneakers™ Yoga Studio | | 11:00AM-11:45AM (55+) <i>Mel P.</i> | | | | | |
| Group Power Studio | | 12:00PM-1:00PM (Strength) <i>Joann P.</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>Caroline</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>Alexa</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|---|----------|---|
| 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> |



White Bear Area YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|--|--|---|--|--|
| BodyPump™ Studio A | | 5:45AM-6:45AM (Strength) <i>Linda G.</i> 12:00PM-1:00PM (Strength) <i>Shawn M.</i> 6:30PM-7:30PM (Strength) <i>Ann B.</i> | 5:35PM-6:35PM (Strength) <i>Kathy S.</i> | 5:45AM-6:45AM (Strength) <i>Linda G.</i> 12:00PM-1:00PM (Strength) <i>Nathan 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>Jordan S.</i> 10:45AM-11:45AM (Strength) <i>Kathy S.</i> | 9:20AM-10:20AM (Strength) <i>Dana B.</i> |
| Group Cycle Studio C REGISTER | | 8:30AM-9:30AM (Cardio) <i>Carl R.</i> | 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>Craig D.</i> | 8:15AM-9:15AM (Cardio & Strength Combo) <i>Kavita M.</i> |
| ForeverWell Combo Studio A | | 8:45AM-9:45AM (55+) <i>Tracy W.</i> | 8:45AM-9:30AM (55+) <i>Tracy W.</i> | | 8:45AM-9:30AM (55+) <i>Tracy W.</i> | | |
| Deep Water Exercise Orange Pool REGISTER | | 9:00AM-9:45AM (Water Exercise) <i>Joanne E.</i> | | | 9:00AM-9:45AM (Water Exercise) <i>Joanne E.</i> | | |
| Yoga Studio B | | 9:30AM-10:30AM (Pilates & Yoga) <i>Kathy S.</i> | | 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> | | 10:00AM-11:00AM (Dance) <i>Tracy W.</i> | | | |
| Water Exercise Blue Pool REGISTER | | 10:00AM-10:45AM (Water Exercise) <i>Joanne E.</i> 7:00PM-7:45PM (Water Exercise) <i>Pam</i> | | | 10:00AM-10:45AM (Water Exercise) <i>Joanne E.</i> | 2:00PM-2:45PM (Water Exercise) <i>Mel P.</i> | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---|--|---|--------|---|---|
| Chair Yoga Full Gym | | 10:30AM-11:15AM (55+) <i>Leah N.</i> | | | | | |
| Zumba Gold® Studio B | | 11:30AM-12:15PM (55+) <i>Leah N.</i> | | 11:30AM-12:15PM (Dance) <i>Leah N.</i> | | | |
| Line Dancing Studio A | | 1:45PM-2:45PM (55+) <i>Kim U.</i> | | 1:15PM-2:15PM (Dance) <i>Kim U.</i> | | | |
| Group Fight Studio A | | 5:25PM-6:25PM (Cardio & Strength Combo) <i>Ann B.</i> | | | | | 8:00AM-9:00AM (Cardio & Strength Combo) <i>Ann B.</i> |
| Zumba® Studio B | | 5:30PM-6:30PM (Dance) <i>Drina R.</i> | | | | | 9:00AM-10:00AM (Cardio) <i>Rachel B.</i> |
| Yoga Studio A | | | 6:00AM-7:00AM (Pilates & Yoga) <i>Kathy S.</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>Kathy S.</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 B | | | 11:15AM-12:15PM (General) <i>Jerry J.</i> | | | | |
| Core Conditioning Studio A | | | 5:00PM-5:30PM (Strength) <i>Kathy S.</i> | | | | |
| Studio Combo Studio A | | | | 8:45AM-9:30AM (Cardio & Strength Combo) <i>Tracy W.</i> | | | |
| ForeverWell Strength Studio B | | | | 1:00PM-1:45PM (55+) <i>Mel P.</i> | | | |
| Mat Pilates 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> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|---|---|--|---|
| SHiNE Dance Fitness Studio A | | | | 7:00PM-8:00PM (Dance) <i>Amy D.</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> | | |
| SilverSneakers™ Circuit Full Gym | | | | | 10:45AM-11:30AM (55+) <i>Mary T.</i> | | |
| 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> | | |
| ARC Waterfront Training Module 5/3 9:00 AM-4:30 PM Register | | | | | | 9:00AM-4:30PM (ARC Waterfront Training Module) | |
| Step Studio B | | | | | | 9:30AM-10:30AM (Cardio) <i>Tracy W.</i> | |
| HIIT Studio A | | | | | | | 10:30AM-11:30AM (Cardio & Strength Combo) <i>Kathy S.</i> |



Blaisdell YMCA - South Minneapolis | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---|--|---|--|---|--|
| BodyPump™ Studio A | | 6:00AM-7:00AM (Strength) <i>Alexis N.</i> 5:00PM-6:00PM (Strength) <i>Sarah J.</i> | 4:00PM-5:00PM (Strength) <i>Heather L.</i> 6:30PM-7:30PM (Strength) <i>Beth L.</i> | 6:00AM-7:00AM (Strength) <i>Lily L.</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>Stephanie W.</i> |
| ForeverWell Yoga Studio A | | 10:00AM-10:45AM (55+) <i>Sandra B.</i> | | | 10:00AM-10:45AM (55+) <i>Sandra B.</i> | | |
| Boot Camp Studio C | | 10:15AM-11:15AM (Cardio & Strength Combo) <i>Terry</i> | | | | | |
| ForeverWell Strength Studio A | | 11:00AM-11:45AM (55+) <i>Sandra B.</i> | | | 11:00AM-11:45AM (55+) <i>Sandra B.</i> | | |
| Yoga Studio C | | 11:30AM-12:30PM (Pilates & Yoga) <i>Jean J.</i> | 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>Kim K.</i> | |
| Community Acupuncture (Free) Warehouse | | 3:00PM-5:00PM (Integrative Health and Wellbeing) <i>Rachel J.</i> | | | | | |
| Zumba® Studio A | | 6:30PM-7:30PM (Dance) <i>Jason P.</i> | | | | | |
| Deep Water Exercise Pool REGISTER | | | 8:15AM-9:00AM (Water Exercise) <i>Andrew E.</i> | | 8:15AM-9:00AM (Water Exercise) <i>Kristen H.</i> | | |
| Group Active Studio A | | | 9:30AM-10:30AM (Cardio & Strength Combo) <i>Christine C.</i> | | | | |
| Coffee Talk Blaisdell YMCA Register | | | 9:45AM-11:00AM (Virtual Social Groups and Classes Coffee Chats and Social Groups) <i>Tami H.</i> | | | | |
| SilverSneakers™ Circuit Studio A | | | 11:30AM-12:15PM (55+) <i>Marianna P.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|---|--|--|--|---|
| Mat Pilates Studio A | | | 12:30PM-1:30PM (Pilates & Yoga) <i>Bon M.</i> | | | | |
| Oula™ Studio A | | | 5:15PM-6:15PM (Dance) <i>Molly D.</i> | | | 8:15AM-9:15AM (Dance) <i>Molly D.</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>Danielle C.</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>Jon G.</i> | | |
| Step Studio A | | | | | 5:15PM-6:00PM (Cardio) <i>Emily P.</i> | | 12:00PM-12:45PM (Cardio) <i>Yolonda</i> |
| Core Conditioning Studio A | | | | | 6:00PM-6:30PM (Strength) <i>Emily P.</i> | | |
| 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>Mike K.</i> |



Burnsville YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|--|---|--|---|--|---|
| Studio Strength Studio A | | 6:00AM-7:00AM (Strength) <i>Nergis P.</i> | | | | | |
| Water Exercise Lap Pool REGISTER | | 6:15AM-7:00AM (Water Exercise) <i>Michele L.</i> | | | | | |
| Water Exercise Lap/Leisure Pool REGISTER | | 8:00AM-8:45AM (Water Exercise) <i>Mary F.</i> | 9:00AM-9:45AM (Water Exercise) <i>Mary F.</i> | 9:30AM-10:15AM (Water Exercise) <i>Vincent T.</i> | 10:00AM-10:45AM (Water Exercise) <i>Mary F.</i> | 8:00AM-8:45AM (Water Exercise) <i>Michele L.</i> | |
| SilverSneakers™ Classic Studio A | | 8:15AM-9:00AM (55+) <i>Gabriela K.</i> | | 8:15AM-9:00AM (55+) <i>Gayle M.</i> | 8:00AM-8:45AM (55+) <i>Nicole P.</i> | | |
| ForeverWell Balance Studio A | | 9:15AM-10:00AM (55+) <i>Gabriela K.</i> | | | | | |
| Mat Pilates Studio B | | 9:15AM-10:15AM (Pilates & Yoga) <i>David J.</i> | | | | | |
| CANCELED: Group Cycle Warehouse | | 9:30AM-10:15AM (Cardio) <i>Becky B.</i> | | | | | |
| Gentle Yoga Studio A | | 10:30AM-11:30AM (Pilates & Yoga) <i>Gabriela K.</i> | | | | | |
| Sound Baths Studio B | | 10:45AM-11:30AM (Integrative Health and Wellbeing) <i>Jim K.</i> | | 10:45AM-11:30AM (Integrative Health and Wellbeing) <i>Cathleen G.</i> | | | |
| HIIT Studio B | | 5:00PM-5:45PM (Cardio & Strength Combo) <i>Jeni S.</i> | | | | | |
| BodyPump™ Studio A | | 5:45PM-6:45PM (Strength) <i>Judy Z.</i> | 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> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|--|---|--|--|--|--|
| SHiNE Dance Fitness Studio A | | 7:00PM-8:00PM (Dance) <i>Jeanna K.</i> | | | | | |
| Yoga Studio B | | | 6:00AM-7:00AM (Pilates & Yoga) <i>David J.</i> | | 5:30PM-6:30PM (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> | | | | |
| SilverSneakers™ Circuit Gym | | | 10:15AM-11:00AM (55+) <i>Mary F.</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> | | | | |
| Tai Chi 1 Studio A | | | 12:45PM-1:45PM (Pilates & Yoga) <i>Stephanie S.</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>Jeni S.</i> | | | | |
| Group Core Studio A | | | 6:05PM-6:35PM (Strength) <i>Jill B.</i> | | | | |
| Soul Flow by Oula Fitness Studio B | | | 6:30PM-7:30PM (Pilates & Yoga) <i>Faith G.</i> | | | | |
| Water Tabata Lap Pool REGISTER | | | | 6:15AM-7:15AM (Water Exercise) <i>Gayle M.</i> | | | |
| Barre Fusion Studio B | | | | 9:30AM-10:20AM (Strength) <i>Tommy S.</i> | | | |
| MS Support Group Leisure Pool | | | | 10:30AM-11:00AM (Water Exercise) <i>Vincent T.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|---|---|--|--|
| 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>Jeni S.</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>Jeni S.</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> |



Dayton at Gaviidae YMCA - Downtown Minneapolis | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|--|---|--|----------|--------|
| Performance Cycle Cycle Studio | | 6:00AM-7:00AM (Cardio) <i>Erik B.</i> | | 6:00AM-7:00AM (Cardio) <i>Erik B.</i> | | | |
| ForeverWell Cycle Cycle Studio | | 8:30AM-9:15AM (Cardio) <i>Mike M.</i> | | | | | |
| ForeverWell Combo StudioEx | | 9:30AM-10:15AM (55+) <i>Jennifer M.</i> | | 9:30AM-10:15AM (55+) <i>Sandra B.</i> | | | |
| Community Acupuncture (Free) George Wellbeing Center Woodlands | | 10:30AM-12:30PM (Integrative Health and Wellbeing) <i>Rachel J.</i> | | | | | |
| Group Cycle Cycle Studio | | 11:45AM-12:30PM (Cardio) <i>Dan S.</i> | | 11:45AM-12:30PM (Cardio) <i>Dan S.</i> | | | |
| Mat Pilates Harmony | | 5:00PM-5:45PM (Pilates & Yoga) <i>Jim L.</i> | | | 9:30AM-10:15AM (Pilates & Yoga) <i>Jim L.</i> | | |
| BodyPump™ StudioEx | | 5:00PM-6:00PM (Strength) <i>Hank B.</i> | | 5:00PM-6:00PM (Strength) <i>Hank B.</i> | | | |
| Gentle Yoga Harmony | | | 9:30AM-10:15AM (Pilates & Yoga) <i>Mike K.</i> | | 10:30AM-11:15AM (Pilates & Yoga) <i>Bliss B.</i> | | |
| ForeverWell Strength StudioEx | | | 10:30AM-11:15AM (55+) <i>Angie J.</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> | 12:00PM-1:00PM (Integrative Health and Wellbeing) <i>Priscilla M.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|---|--|---|--------|
| 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 Centergy Harmony | | | | 5:00PM-6:00PM (Pilates & Yoga) <i>Abby M.</i> | | | |
| HIIT StudioEx | | | | | 11:30AM-12:15PM (Cardio & Strength Combo) <i>Jennifer B.</i> | | |
| Water Exercise Lap Pool REGISTER | | | | | | 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 | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|--|---|---|--|--|
| Body Pump Express Studio A | | 6:15AM-7:00AM (Strength) <i>Amy C.</i> | | 6:15AM-7:00AM (Strength) <i>Tammy W.</i> | | | |
| Water Exercise Pool REGISTER | | 7:45AM-8:30AM (Water Exercise) <i>Kelly D.</i> | | | | | |
| ForeverWell Yoga Studio B | | 8:15AM-9:15AM (55+) <i>Anne H.</i> | | 8:15AM-9:15AM (55+) <i>Michelle L.</i> | 8:15AM-9:15AM (Pilates & Yoga) <i>Diane A.</i> | | |
| Group Centergy Studio A | | 8:30AM-9:30AM (Pilates & Yoga) <i>Christine C.</i> | | | | | |
| Group Cycle Cycle Studio | | 8:45AM-9:30AM (Cardio) <i>Sarah S.</i> 9:45AM-10:30AM (Cardio) <i>Sarah S.</i> 5:45PM-6:30PM (Cardio) <i>Mark F.</i> | 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>Jerry G.</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>Bonnie K.</i> | 8:15AM-9:00AM (Cardio) <i>Bonnie K.</i> |
| Zumba® Gym | | 9:30AM-10:15AM (Cardio) <i>Jennifer M.</i> | | | | | |
| ForeverWell Cardio Dance Studio A | | 9:45AM-10:45AM (55+) <i>Kitty W.</i> | | 8:30AM-9:15AM (55+) <i>Kitty W.</i> | | | |
| SilverSneakers™ Yoga Studio B | | 10:30AM-11:15AM (55+) <i>Linda D.</i> | 1:15PM-2:00PM (55+) <i>Virtually</i> | | | | |
| Pickleball Full Gym Gym | | 11:00AM-12:45PM (Gym) <i>Staff</i> | 11:30AM-3:00PM (Gym) <i>Staff</i> | 11:00AM-12:45PM (Gym) <i>Staff</i> | 10:30AM-3:00PM (General) <i>Staff</i> | | |
| Sound Baths Studio B | | 11:30AM-12:30PM (Integrative Health and Wellbeing) <i>Priscilla M.</i> | | 12:00PM-1:00PM (Integrative Health and Wellbeing) <i>Hayl L.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|---|---|--|---|--|
| Water Boot Camp Pool REGISTER | | 12:15PM-1:00PM (Water Exercise) <i>Deb C.</i> | | | | | |
| SilverSneakers™ Classic Studio B | | 1:15PM-2:00PM (55+) <i>Kelly D.</i> | | 1:15PM-2:00PM (55+) <i>Kelly D.</i> | | 12:15PM-1:00PM (55+) <i>Anne H.</i> | |
| Tai Chi For Health Practice Studio A | | 2:15PM-3:15PM (55+) <i>Thomas E.</i> | 2:15PM-3:15PM (55+) <i>Thomas E.</i> | | | | |
| BodyPump™ Studio A | | 5:00PM-6:00PM (Strength) <i>Amy C.</i> | 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> | | 9:45AM-10:45AM (Strength) <i>Kimberly C.</i> 12:00PM-1:00PM (Strength) <i>Jojo G.</i> | 8:20AM-9:20AM (Strength) <i>Amy C.</i> 10:30AM-11:30AM (Strength) <i>Kira K.</i> | 8:30AM-9:30AM (Strength) <i>Ruth S.</i> |
| Group Blast Studio A | | 6:15PM-7:15PM (Cardio & Strength Combo) <i>Laura H.</i> | | | | 7:10AM-8:10AM (Cardio & Strength Combo) <i>Laura H.</i> | 12:00PM-1:00PM (Cardio) <i>Julie R.</i> |
| Oula™ Studio A | | 7:30PM-8:30PM (Dance) <i>Claire R.</i> | | | 6:00PM-7:00PM (Dance) <i>Claire R.</i> | | |
| Yoga Studio B | | 7:45PM-8:45PM (Pilates & Yoga) <i>Kathy E.</i> | 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> | |
| Mat Pilates Studio B | | | 7:45AM-8:30AM (Strength) <i>Beth G.</i> 5:30PM-6:15PM (Strength) <i>John L.</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> | | |
| 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 |
|--|--------|---------|---|---|--|---|---|
| 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>Diane S.</i> | | 10:30AM-11:30AM (55+) <i>Kim C.</i> | | |
| ForeverWell Strength Studio A | | | 1:15PM-2:00PM (55+) <i>Kelly D.</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> | |
| 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> | | | |
| 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>Bill 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> | | |
| Pickleball Half Gym Gym | | | | | | | 9:00AM-11:30AM (General) <i>Staff</i> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------|--------|---------|-----------|----------|--------|----------|---|
| Group Active Studio A | | | | | | | 2:00PM-3:00PM (Cardio & Strength Combo) <i>Christine C.</i> |



Ridgedale YMCA - Minnetonka | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|---|---|---|--|---|
| Yoga Studio C | | 7:45AM-9:00AM (Pilates & Yoga) <i>Deborah C.</i> | 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> |
| Arthritis Water Exercise Pool REGISTER | | 9:00AM-9:45AM (Water Exercise) <i>Carole H.</i> | | 9:00AM-9:45AM (Water Exercise) <i>Carole H.</i> | | | |
| Cardio Dance Studio A | | 9:15AM-10:15AM (Dance) <i>Suzie M.</i> | | | 10:10AM-11:10AM (Dance) <i>Elyse M.</i> 6:00PM-7:00PM (Dance) <i>Teresa B.</i> | | |
| SilverSneakers™ Classic Studio C | | 9:30AM-10:15AM (55+) <i>Molly S.</i> | | 9:30AM-10:15AM (55+) <i>Molly S.</i> | | | |
| BodyPump™ Studio B | | 9:30AM-10:30AM (Strength) <i>Abbie S.</i> | 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>Suzanne R.</i> | | 10:35AM-11:35AM (Strength) <i>Clarence W.</i> |
| Mat Pilates Studio C | | 10:30AM-11:15AM (Pilates & Yoga) <i>Michaela F.</i> | | | 9:00AM-10:00AM (Pilates & Yoga) <i>Ellen S.</i> | | |
| SilverSneakers™ Circuit Studio C | | 11:25AM-12:10PM (55+) <i>Kim C.</i> | | 10:30AM-11:15AM (55+) <i>Kim C.</i> | | | |
| Gyrokinesis Studio A REGISTER | | 11:30AM-12:30PM (Pilates & Yoga) <i>Pat S.</i> | | | | | |
| Gentle Yoga Studio B | | 12:00PM-1:00PM (Pilates & Yoga) <i>Brenda S.</i> | | | | | |
| HIIT Studio A | | 5:00PM-5:45PM (Cardio & Strength Combo) <i>Christine B.</i> | | 4:45PM-5:30PM (Cardio) <i>Elizabeth L.</i> | | | |
| BodyPump™ Studio B | | 5:00PM-6:00PM (Cardio & Strength Combo) <i>John R.</i> | 9:00AM-10:00AM (Strength) <i>Ruth K.</i> | 5:00PM-6:00PM (Cardio & Strength Combo) <i>Peggy R.</i> | | 9:00AM-10:00AM (Strength) <i>Ruth K.</i> 10:30AM-11:30AM (Strength) <i>Susie B.</i> | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---|--|---|---|----------|--------|
| Zumba® Studio A | | 6:00PM-7:00PM (Dance) <i>Claudia P.</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> | | |
| Studio Combo Studio A | | | 5:00PM-6:00PM (Cardio & Strength Combo) <i>Cathleen C.</i> | | | | |
| 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> | | | |
| CANCELED: Line Dancing Studio A | | | | 10:00AM-10:55AM (Dance) <i>Colette I.</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-1:15PM (Pilates & Yoga) <i>Brenda S.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|--|--|---|--|
| 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> | | | |
| ARC Lifeguard + O2 - Full (Blended) 5/1 6-8:30p, 5/2 6-9p, 5/3 8a-5p, 5/4 8a-5p Register | | | | 6:00PM-5:00PM (ARC Lifeguard + Oxygen - Full (Blended)) | 6:00PM-5:00PM (ARC Lifeguard + Oxygen - Full (Blended)) | 6:00PM-5:00PM (ARC Lifeguard + Oxygen - Full (Blended)) | 6:00PM-5:00PM (ARC Lifeguard + Oxygen - Full (Blended)) |
| Group Power Studio B | | | | | 8:00AM-9:00AM (Strength) <i>Bill E.</i> | | |
| 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 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>Carole H.</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> | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------|--------|---------|-----------|----------|--------|----------|---|
| Oula™ Studio A | | | | | | | 10:30AM-11:30AM (Dance) <i>Laura O.</i> |
| Group Centergy Studio C | | | | | | | 10:30AM-11:30AM (Pilates & Yoga) <i>Sallie H.</i> |
| Group Blast Studio B | | | | | | | 1:00PM-2:00PM (Cardio) <i>Amanda B.</i> |



Virtual Studio | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|--|---|--------|----------|--|
| SilverSneakers™ Circuit Southdale Virtual Studio | | 7:45AM-8:30AM (55+) <i>Linda D.</i> | | | | | |
| HIIT Southdale Virtual Studio | | 8:45AM-9:15AM (Cardio & Strength Combo) <i>Linda D.</i> | | | | | |
| Tabata Southdale Virtual Studio | | 9:15AM-9:45AM (Cardio & Strength Combo) <i>Linda D.</i> | | | | | |
| Core Conditioning Southdale Virtual Studio | | 9:45AM-10:15AM (Strength) <i>Linda D.</i> | | 10:30AM-11:00AM (Strength) <i>Jojo G.</i> | | | 4:00PM-4:30PM (Strength) <i>Clare O.</i> |
| Studio Strength Dayton Virtual Studio | | 10:00AM-10:45AM (Strength) <i>Jennifer M.</i> 12:00PM-12:30PM (Strength) <i>Olivia W.</i> | 12:00PM-12:30PM (Strength) <i>Olivia W.</i> 12:45PM-1:15PM (Strength) <i>Angie J.</i> | | | | |
| CANCELED: Mat Pilates Dayton Virtual Studio | | 1:00PM-1:30PM (Pilates & Yoga) <i>Ellen S.</i> | | | | | |
| CANCELED: Yoga Flow Dayton Virtual Studio | | 1:45PM-2:15PM (Pilates & Yoga) <i>Ellen S.</i> | | | | | |
| CANCELED: Gentle Yoga Dayton Virtual Studio | | 2:30PM-3:15PM (Pilates & Yoga) <i>Ellen S.</i> | | | | | |
| Core Conditioning Dayton Virtual Studio | | 4:30PM-5:00PM (Pilates & Yoga) <i>Minda O.</i> | | | | | |
| Yoga Dayton Virtual Studio | | 5:15PM-5:45PM (Pilates & Yoga) <i>Minda O.</i> | 8:30AM-9:15AM (Pilates & Yoga) <i>Mike K.</i> 9:30AM-10:00AM (Pilates & Yoga) <i>Karen A.</i> | | | | |

| | 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>Linda D.</i> | | | 2:45PM-3:15PM (Strength) <i>Clare O.</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> | | | | |
| 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>Linda D.</i> | | | |
| ForeverWell Cardio Southdale Virtual Studio | | | | 8:00AM-8:45AM (55+) <i>Linda D.</i> | | | |
| Arthritis Exercise Southdale Virtual Studio | | | | 8:45AM-9:15AM (55+) <i>Linda D.</i> | | | |
| Step Southdale Virtual Studio | | | | 9:30AM-10:15AM (Cardio & Strength Combo) <i>Jojo G.</i> | | | |
| CANCELED: ForeverWell Combo Dayton Virtual Studio | | | | 10:30AM-11:15AM (Cardio & Strength Combo) <i>Maureen B.</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> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|--------|----------|---|
| Body Weight Training Southdale Virtual Studio | | | | | | | 3:30PM-4:00PM (Cardio & Strength Combo) <i>Clare O.</i> |



Eagan YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|---|---|---|---|---|
| Shallow Water Exercise Lap Pool | | 8:00AM-8:45AM (Water Exercise) <i>Gayle M.</i> | | 9:00AM-9:45AM (Water Exercise) <i>Mary F.</i> | | | |
| SilverSneakers™ Circuit Studio A | | 8:00AM-8:45AM (55+) <i>Naomi</i> | | 8:00AM-8:45AM (55+) <i>Naomi</i> | | | |
| ForeverWell Yoga Studio B | | 8:55AM-9:40AM (55+) <i>Naomi</i> | | 8:55AM-9:40AM (55+) <i>Naomi</i> | | | |
| Water Tabata Lap Pool | | 9:00AM-9:45AM (Water Exercise) <i>Gayle M.</i> | | | | | |
| BodyCombat Studio A | | 9:30AM-10:30AM (Cardio) <i>Tommy S.</i> | | 9:30AM-10:30AM (Cardio) <i>Kevin</i> | | | |
| Boot Camp Half Gym | | 9:45AM-10:45AM (Cardio & Strength Combo) <i>Darcy B.</i> | | | | | |
| Group Cycle Studio B REGISTER | | 10:00AM-10:45AM (Cardio) <i>Dana B.</i> 11:00AM-12:00PM (Cardio) <i>Dana B.</i> | | 10:00AM-11:00AM (Cardio) <i>Dana B.</i> | 6:00AM-6:45AM (Cardio) <i>Dana B.</i> | | |
| BodyBalance Studio A | | 10:40AM-11:40AM (Pilates & Yoga) <i>Mercy</i> | 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> |
| BodyPump™ Studio A | | 12:10PM-1:10PM (Strength) <i>Mercy</i> 5:15PM-6:15PM (Strength) <i>Alicia B.</i> | 5:30AM-6:30AM (Strength) <i>Jamie L.</i> 9:30AM-10:30AM (Strength) <i>Jessica O.</i> 6:30PM-7:30PM (Strength) <i>Naoko H.</i> | | 9:30AM-10:30AM (Strength) <i>Jessica O.</i> 5:30PM-6:30PM (Strength) <i>Jessica D.</i> | 8:15AM-9:15AM (Strength) <i>Clarence W.</i> | 10:00AM-11:00AM (Strength) <i>Kevin</i> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---|--|---|--|--|--------|
| Zumba® Studio A | | 6:30PM-7:30PM (Dance) <i>Kristine</i> | | | 6:40PM-7:40PM (Dance) <i>Rosanna B.</i> | 9:30AM-10:35AM (Dance) <i>Kristine</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>Jacquie B.</i> | 9:15AM-10:15AM (Cardio) <i>Jacquie B.</i> | |
| Group Centergy Studio A | | | 10:40AM-11:40AM (Pilates & Yoga) <i>Naomi</i> | | | | |
| ForeverWell Combo Studio A | | | 11:50AM-12:35PM (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> | | |
| BeatBoss™ Cycle Studio B REGISTER | | | 5:30PM-6:30PM (Cardio) <i>Sue L.</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> | | | |
| Oula™ Studio A | | | | 10:40AM-11:40AM (Dance) <i>Tammy S.</i> | 10:40AM-11:40AM (Dance) <i>Mercy</i> | | |
| SilverSneakers™ Yoga Studio A | | | | 11:50AM-12:35PM (55+) <i>Julie M.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|---|--|---|---|
| Yoga Flow Studio B | | | | 6:30PM-7:45PM (Pilates & Yoga) <i>Annamaria</i> | | | |
| BodyBalance Studio B | | | | | 10:45AM-11:45AM (Pilates & Yoga) <i>Tommy S.</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> | |
| Salsa Splash Pool | | | | | | 8:00AM-8:45AM (Water Exercise) <i>Mary F.</i> | |
| BodyStep Studio A | | | | | | | 8:45AM-9:45AM (Cardio) <i>Laura H.</i> |



Hastings YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---|--|---|---|--|---|
| Gentle Yoga Studio B | | 8:00AM-9:00AM (Pilates & Yoga) <i>Julie P.</i> | | 8:00AM-9:00AM (Pilates & Yoga) <i>Tracy S.</i> | | | |
| Drums Alive® Gym | | 8:00AM-8:50AM (55+) <i>Tracy S.</i> | | | | | |
| Cycle Fusion Studio C | | 8:15AM-9:00AM (Cardio) <i>Vanessa</i> | 5:00PM-6:00PM (Cardio) <i>Jamie L.</i> | | 9:15AM-10:00AM (Cardio) <i>Vanessa</i> | | 10:45AM-11:30AM (Cardio & Strength Combo) <i>Vanessa</i> |
| ForeverWell Stretch Studio A | | 9:00AM-9:30AM (55+) <i>Tracy S.</i> | | | | | |
| BodyPump™ Studio B | | 9:15AM-10:15AM (Strength) <i>Ashley M.</i> | | 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 | | 9:30AM-10:15AM (55+) <i>Julie P.</i> | | 10:15AM-11:00AM (55+) <i>DeAnn N.</i> | | | |
| Group Active Studio B | | 10:30AM-11:30AM (Cardio & Strength Combo) <i>Ashley M.</i> | | 10:30AM-11:30AM (Cardio & Strength Combo) <i>Ashley M.</i> | | | |
| Meditation/Breathwork Studio C | | 10:30AM-11:00AM (Pilates & Yoga) <i>Julie P.</i> | | | | | |
| Mat Pilates Studio A | | 5:00PM-5:45PM (Pilates & Yoga) <i>DeAnn N.</i> | | 8:15AM-9:00AM (Pilates & Yoga) <i>Kelly B.</i> | | | |
| SHiNE Dance Fitness Studio B | | 5:45PM-6:45PM (Dance) <i>Mattie S.</i> | 5:45PM-6:45PM (Dance) <i>Kari</i> | | 4:30PM-5:30PM (Dance) <i>Kari</i> | | |
| Sound Baths Studio A | | 6:45PM-7:30PM (Pilates & Yoga) <i>Melanie B.</i> | 6:45PM-7:15PM (Pilates & Yoga) <i>Jessica B.</i> | | | | 3:45PM-4:30PM (Pilates & Yoga) <i>Julie P.</i> |

| | 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>Tracy S.</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> | | |
| R.I.P.P.E.D. Studio B | | | 9:15AM-10:15AM (Cardio & Strength Combo) <i>Victoria S.</i> | | | | |
| ForeverWell Cardio Studio A | | | 9:15AM-10:00AM (55+) <i>Kelly B.</i> | | | | |
| SilverSneakers™ Classic Gym | | | 10:15AM-11:00AM (55+) <i>Kelly B.</i> | | 10:15AM-11:00AM (55+) <i>DeAnn N.</i> | | |
| Line Dancing Studio A | | | 10:15AM-11:00AM (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> | | |
| Core Conditioning Studio B | | | 10:20AM-10:50AM (Strength) <i>Victoria S.</i> | | | | |
| Line Dancing-Intermediate/Adv. Studio B | | | 11:15AM-12:15PM (Cardio & Strength Combo) <i>Deena B.</i> | | | | |
| Yoga Studio A | | | 5:30PM-6:30PM (Pilates & Yoga) <i>Jessica B.</i> | | | | |
| Oula™ Studio A | | | | 10:30AM-11:30AM (Dance) <i>Shana M.</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> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|--------|---|--------|
| Group Blast Studio B | | | | | | 7:30AM-8:20AM (Cardio) <i>Ashley M.</i> | |
| SHiNE Dance Fitness Studio A | | | | | | 9:00AM-10:00AM (Dance) <i>Mattie S.</i> | |
| Group Centergy Studio B | | | | | | 9:40AM-10:40AM (Pilates & Yoga) <i>Jamie L.</i> | |



Shoreview YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|---|--|--|---|--------|
| ForeverWell Combo Studio | | 8:00AM-9:00AM (55+) <i>Heather D.</i> | | 8:00AM-9:00AM (55+) <i>Jennifer P.</i> | | | |
| Yoga Fusion Studio | | 9:00AM-10:00AM (Pilates & Yoga) <i>Pat A.</i> 11:30AM-12:30PM (Pilates & Yoga) <i>Chandra D.</i> | | | | 9:00AM-10:00AM (Pilates & Yoga) <i>Pat A.</i> | |
| Water Exercise Power Pool REGISTER | | 9:05AM-9:50AM (Water Exercise) <i>Stacia C.</i> | 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> | | |
| Core Conditioning Studio | | 9:10AM-9:35AM (Strength) <i>Victoria S.</i> | | | | | |
| HIIT Studio | | 9:40AM-10:15AM (Cardio & Strength Combo) <i>Victoria S.</i> | | | | | |
| Water Tabata Pool REGISTER | | 10:00AM-10:45AM (Water Exercise) <i>Kathy S.</i> | | | | 8:30AM-9:15AM (Water Exercise) <i>Stacia C.</i> | |
| 3D30 Fusion Studio | | 10:10AM-10:40AM (Cardio & Strength Combo) <i>Kristy H.</i> | | | | | |
| Mat Pilates Studio | | 10:25AM-11:25AM (Pilates & Yoga) <i>Denise T.</i> | | | | | |
| Aqua Yoga Pool REGISTER | | 10:55AM-11:40AM (Water Exercise) <i>Elizabeth P.</i> | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|---|---|---|--|---|
| BodyPump™ Studio | | 11:35AM-12:35PM (Strength) <i>Susan T.</i> 6:40PM-7:40PM (Strength) <i>Mary T.</i> | 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> |
| SilverSneakers™ Circuit Studio | | 12:45PM-1:30PM (55+) <i>Jennifer P.</i> | | | 12:35PM-1:20PM (55+) <i>Jessie W.</i> | | |
| Group Centergy Studio | | 5:30PM-6:30PM (Pilates & Yoga) <i>Jennifer P.</i> | 8:00AM-9:00AM (Pilates & Yoga) <i>Jennifer P.</i> | | 11:25AM-12:25PM (Pilates & Yoga) <i>Denise T.</i> | | |
| Group Cycle Fusion Studio REGISTER | | 5:45PM-6:45PM (Cardio) <i>Lisa T.</i> | 10:10AM-11:10AM (Cardio) <i>Scully A.</i> | | | 8:00AM-8:45AM (Cardio) <i>Paige K.</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> | | | | |
| 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>Angie D.</i> | | | | |
| Latin Hip Hop Studio | | | 5:30PM-6:30PM (Dance) <i>Ninoska M.</i> | | | | |
| Gentle Yoga Fusion Studio | | | 6:00PM-7:00PM (Pilates & Yoga) <i>Laura G.</i> | | | | |
| SHiNE Dance Fitness Studio | | | | 5:45AM-6:45AM (Dance) <i>Christina C.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|---|--|--|---|
| 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™ 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> | | |
| Oula™ Studio | | | | | | 10:00AM-11:00AM (Dance) <i>Nina M.</i> | |
| Soul Flow by Oula Fitness Studio | | | | | | 11:05AM-11:50AM (Pilates & Yoga) <i>Caroline</i> | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------|--------|---------|-----------|----------|--------|----------|---|
| Cardio Dance Studio | | | | | | | 10:30AM-11:30AM (Dance) <i>Parisha R.</i> |



Maplewood YMCA Community Center | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|---|--|---|--|--|
| Pickleball Class: Beginner at Maplewood Y Community Center Tue 9:00 AM Register | | 9:00AM-10:00AM (Racket Sports) | | | | | |
| Group Power Studio A | | 9:30AM-10:30AM (Strength) <i>Molly M.</i> | | | 9:20AM-10:20AM (Strength) <i>Molly M.</i> | | |
| Pickleball Class: Intermediate at Maplewood Y Community Center Tue 10:00 AM Register | | 10:00AM-11:00AM (Racket Sports) | | | | | |
| Soul Flow by Oula Fitness Studio A | | 10:45AM-11:40AM (Pilates & Yoga) <i>Molly M.</i> | | | | | |
| Pickleball Class: Intermediate at Maplewood Y Community Center Tue 11:00 AM Register | | 11:00AM-12:00PM (Racket Sports) | | | | | |
| SilverSneakers™ Circuit Half Gym | | 12:15PM-1:00PM (55+) <i>Kim U.</i> | | 12:15PM-1:00PM (55+) <i>Julie W.</i> | | | |
| SilverSneakers™ Yoga Studio A | | 1:15PM-2:00PM (55+) <i>Lorrie F.</i> | | 1:15PM-2:00PM (55+) <i>Julie W.</i> | | | |
| Oula™ Studio A | | 5:30PM-6:30PM (Dance) <i>Melissa J.</i> | | 11:00AM-12:00PM (Dance) <i>Molly M.</i> | | | |
| Restorative Yoga Studio A | | 6:45PM-8:00PM (Pilates & Yoga) <i>Pamela G.</i> | | | | | |
| BodyPump™ Studio A | | | 7:00AM-8:00AM (Strength) <i>Brenda P.</i> | 9:15AM-10:15AM (Strength) <i>Courtney R.</i> | | 9:35AM-10:35AM (Strength) <i>Andrea S.</i> | 10:30AM-11:30AM (Strength) <i>Daryl G.</i> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|---|---|---|---|--|
| 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> | | | | |
| 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>Mel P.</i> | | | | |
| BodyPump™ Studio A | | | 5:10PM-6:10PM (Strength) <i>Jordan S.</i> | | | | |
| SHiNE Dance Fitness Studio A | | | 6:40PM-7:40PM (Dance) <i>Sarah A.</i> | | | 11:00AM-12:00PM (Dance) <i>Amy D.</i> | |
| ForeverWell Combo Studio B | | | | 9:15AM-10:15AM (55+) <i>Deb M.</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>Daryl G.</i> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|---|---|---|
| SilverSneakers™ Classic Full Gym | | | | | 9:15AM-10:00AM (55+) <i>Sarah J.</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 A | | | | | | | 8:15AM-9:15AM (Pilates & Yoga) <i>Sarah J.</i> |
| Yoga Flow Studio A | | | | | | | 9:00AM-10:15AM (Pilates & Yoga) <i>Emily B.</i> |



Harold Mezile North Community YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|--|--|--|----------|--------|
| Community Acupuncture (Free) Main | | 9:30AM-11:30AM (General) <i>Heather</i> | | | | | |
| Studio Strength Gym | | 10:30AM-11:30AM (Strength) <i>Eric</i> | | | | | |
| 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 Strength Gym | | | | 9:45AM-10:30AM (55+) <i>Tanisha R.</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> | | |



Blaisdell YMCA - South Minneapolis - Swim | April 28th - May 4th

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



Southdale YMCA - Edina - Swim | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|---|---|---|--|---|
| 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> | | 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> | | | |
| 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> |



YMCA Camp St. Croix | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|--|----------|--------|
| St Croix Homeschool on the Farm: Spring Series Part 3-5/02: Adult 18+ Register | | | | | 10:00AM-3:00PM (Homeschool Programming) | | |
| St Croix Homeschool on the Farm: Spring Series Part 3-5/02: Child (ages 4-6) Register | | | | | 10:00AM-3:00PM (Homeschool Programming) | | |
| St Croix Homeschool on the Farm: Spring Series Part 3-5/02: Student (ages 7-12) Register | | | | | 10:00AM-3:00PM (Homeschool Programming) | | |