



Shoreview YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shoreview School Age Swim Lessons Stages 1-2 Mon 4:10 PM Register	4:10PM-4:40PM (School Age)						
Shoreview School Age Swim Lessons Stage 3 Mon 4:10 PM Register	4:10PM-4:40PM (School Age)						
Shoreview Preschool Swim Lessons Stages 2-3 Mon 4:10 PM Register	4:10PM-4:40PM (Preschool)						
Shoreview School Age Swim Lessons Stages 1-2 Mon 4:45 PM Register	4:45PM-5:15PM (School Age)						
Shoreview School Age Swim Lessons Stage 3 Mon 4:45 PM Register	4:45PM-5:15PM (School Age)						
Shoreview Preschool Swim Lessons Stages 1-2 Mon 4:45 PM Register	4:45PM-5:15PM (Preschool)						
Shoreview School Age Swim Lessons Stages 5-6 Mon 5:20 PM Register	5:20PM-5:50PM (School Age)						
Shoreview School Age Swim Lessons Stages 1-2 Mon 5:20 PM Register	5:20PM-5:50PM (School Age)						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shoreview Preschool Swim Lessons Stages 2-3 Mon 5:20 PM Register	5:20PM-5:50PM (Preschool)						
Shoreview School Age Swim Lessons Stage 4 Mon 5:55 PM Register	5:55PM-6:25PM (School Age)						
Shoreview School Age Swim Lessons Stages 1-2 Mon 5:55 PM Register	5:55PM-6:25PM (School Age)						
Shoreview Preschool Swim Lessons Stages 1-2 Mon 5:55 PM Register	5:55PM-6:25PM (Preschool)						
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>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>					
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>		
Shoreview School Age Swim Lessons Stage 3 Tue 4:30 PM Register		4:30PM-5:00PM (School Age)					
Shoreview Preschool Swim Lessons Stages 2-3 Tue 4:30 PM Register		4:30PM-5:00PM (Preschool)					
Shoreview School Age Swim Lessons Stages 1-2 Tue 4:30 PM Register		4:30PM-5:00PM (School Age)					
Shoreview Preschool Swim Lessons Stages 1-2 Tue 5:05 PM Register		5:05PM-5:35PM (Preschool)					
Shoreview School Age Swim Lessons Stage 4 Tue 5:05 PM Register		5:05PM-5:35PM (School Age)					
Shoreview School Age Swim Lessons Stages 1-2 Tue 5:05 PM Register		5:05PM-5:35PM (School Age)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shoreview Preschool Swim Lessons Stages 2-3 Tue 5:05 PM Register		5:05PM-5:35PM (Preschool)					
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>		
Shoreview School Age Swim Lessons Stages 1-2 Tue 5:40 PM Register		5:40PM-6:10PM (School Age)					
Shoreview Parent/Child Swim Starters Stages A-B Tue 5:40 PM Register		5:40PM-6:10PM (Parent/Child)					
Shoreview Preschool Swim Lessons Stages 1-2 Tue 5:40 PM Register		5:40PM-6:10PM (Preschool)					
Shoreview School Age Swim Lessons Stages 5-6 Tue 5:40 PM Register		5:40PM-6:10PM (School Age)					
Group Cycle Fusion Studio REGISTER		5:45PM-6:45PM (Cardio) <i>Lisa T.</i>	10:10AM-11:10AM (Cardio) <i>Sue L.</i>			8:00AM-8:45AM (Cardio) <i>Paige K.</i>	
Shoreview School Age Swim Lessons Stages 1-2 Tue 6:15 PM Register		6:15PM-6:45PM (School Age)					
Shoreview Preschool Swim Lessons Stages 1-2 Tue 6:15 PM Register		6:15PM-6:45PM (Preschool) 6:15PM-6:45PM (Preschool)					
Shoreview School Age Swim Lessons Stage 4 Tue 6:15 PM Register		6:15PM-6:45PM (School Age)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shoreview Preschool Swim Lessons Stages 2-3 Tue 6:50 PM Register		6:50PM-7:20PM (Preschool)					
Shoreview School Age Swim Lessons Stages 1-2 Tue 6:50 PM Register		6:50PM-7:20PM (School Age)					
Shoreview School Age Swim Lessons Stage 3 Tue 6:50 PM Register		6:50PM-7:20PM (School Age)					
Shoreview Adult Swim Lessons Stages 1-3 Tue 6:50 PM Register		6:50PM-7:20PM (Teen/Adult)					
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>				
Shoreview School Age Swim Lessons Stages 1-2 Wed 4:10 PM Register			4:10PM-4:40PM (School Age)				

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Shoreview School Age Swim Lessons Stage 3 Wed 4:10 PM Register			4:10PM-4:40PM (School Age)				
Shoreview Preschool Swim Lessons Stages 1-2 Wed 4:10 PM Register			4:10PM-4:40PM (Preschool)				
Shoreview Preschool Swim Lessons Stages 2-3 Wed 4:45 PM Register			4:45PM-5:15PM (Preschool)				
Shoreview School Age Swim Lessons Stage 4 Wed 4:45 PM Register			4:45PM-5:15PM (School Age)				
Shoreview School Age Swim Lessons Stages 1-2 Wed 4:45 PM Register			4:45PM-5:15PM (School Age)				
Shoreview School Age Swim Lessons Stage 3 Wed 5:20 PM Register			5:20PM-5:50PM (School Age)				
Shoreview Preschool Swim Lessons Stages 1-2 Wed 5:20 PM Register			5:20PM-5:50PM (Preschool)				
Shoreview School Age Swim Lessons Stages 1-2 Wed 5:20 PM Register			5:20PM-5:50PM (School Age)				
Latin Hip Hop Studio			5:30PM-6:30PM (Dance) <i>Ninoska M.</i>				
Shoreview Preschool Swim Lessons Stages 2-3 Wed 5:55 PM Register			5:55PM-6:25PM (Preschool)				

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Shoreview School Age Swim Lessons Stages 1-2 Wed 5:55 PM Register			5:55PM-6:25PM (School Age)				
Shoreview School Age Swim Lessons Stages 5-6 Wed 5:55 PM Register			5:55PM-6:25PM (School Age)				
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>			
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>
Shoreview Preschool Swim Lessons Stages 2-3 Thu 10:20 AM Register				10:20AM-10:50AM (Preschool)			
Yoga Studio				10:25AM-11:25AM (Pilates & Yoga) <i>Aimee P.</i>			3:30PM-4:30PM (Pilates & Yoga) <i>Jim K.</i>
Shoreview Parent/Child Swim Starters Stages A-B Thu 10:55 AM Register				10:55AM-11:25AM (Parent/Child)			
Shoreview Preschool Swim Lessons Stages 1-2 Thu 11:30 AM Register				11:30AM-12:00PM (Preschool)			
Shoreview Preschool Swim Lessons Stages 2-3 Thu 4:30 PM Register				4:30PM-5:00PM (Preschool)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shoreview School Age Swim Lessons Stage 3 Thu 4:30 PM Register				4:30PM-5:00PM (School Age)			
Shoreview School Age Swim Lessons Stages 1-2 Thu 4:30 PM Register				4:30PM-5:00PM (School Age)			
Shoreview Preschool Swim Lessons Stages 1-2 Thu 4:30 PM Register				4:30PM-5:00PM (Preschool)			
Shoreview School Age Swim Lessons Stage 3 Thu 5:05 PM Register				5:05PM-5:35PM (School Age)			
Shoreview Preschool Swim Lessons Stages 1-2 Thu 5:05 PM Register				5:05PM-5:35PM (Preschool)			
Shoreview Preschool Swim Lessons Stages 2-3 Thu 5:05 PM Register				5:05PM-5:35PM (Preschool)			
Shoreview School Age Swim Lessons Stages 1-2 Thu 5:05 PM Register				5:05PM-5:35PM (School Age)			
Shoreview Preschool Swim Lessons Stages 1-2 Thu 5:40 PM Register				5:40PM-6:10PM (Preschool)			
Shoreview School Age Swim Lessons Stages 5-6 Thu 5:40 PM Register				5:40PM-6:10PM (School Age)			
Shoreview Parent/Child Swim Starters Stages A-B Thu 5:40 PM Register				5:40PM-6:10PM (Parent/Child)			

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Shoreview School Age Swim Lessons Stages 1-2 Thu 5:40 PM Register				5:40PM-6:10PM (School Age)			
Shoreview School Age Swim Lessons Stages 1-2 Thu 6:15 PM Register				6:15PM-6:45PM (School Age)			
Shoreview Preschool Swim Lessons Stages 2-3 Thu 6:15 PM Register				6:15PM-6:45PM (Preschool)			
Shoreview School Age Swim Lessons Stage 4 Thu 6:15 PM Register				6:15PM-6:45PM (School Age)			
Zumba® Studio				6:45PM-7:45PM (Dance) <i>Michelle R.</i>			
Shoreview School Age Swim Lessons Stages 5-6 Thu 6:50 PM Register				6:50PM-7:20PM (School Age)			
Shoreview Preschool Swim Lessons Stages 1-2 Thu 6:50 PM Register				6:50PM-7:20PM (Preschool)			
Shoreview Adult Swim Lessons Stages 4-6 Thu 6:50 PM Register				6:50PM-7:20PM (Teen/Adult)			
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 C.</i>		
Group Fight 101 Studio					8:55AM-9:05AM (Cardio) <i>Heidi W.</i>		

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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>		
Shoreview School Age Swim Lessons Stage 3 Sat 9:30 AM Register						9:30AM-10:00AM (School Age)	
Shoreview Preschool Swim Lessons Stages 1-2 Sat 9:30 AM Register						9:30AM-10:00AM (Preschool)	
Shoreview Parent/Child Swim Starters Stages A-B Sat 9:30 AM Register						9:30AM-10:00AM (Parent/Child)	
Oula™ Studio						10:00AM-11:00AM (Dance) <i>Holly C.</i>	
Shoreview Preschool Swim Lessons Stages 2-3 Sat 10:05 AM Register						10:05AM-10:35AM (Preschool)	
Shoreview School Age Swim Lessons Stages 1-2 Sat 10:05 AM Register						10:05AM-10:35AM (School Age)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shoreview School Age Swim Lessons Stages 5-6 Sat 10:05 AM Register						10:05AM-10:35AM (School Age)	
Shoreview Preschool Swim Lessons Stages 1-2 Sat 10:40 AM Register						10:40AM-11:10AM (Preschool)	
Shoreview School Age Swim Lessons Stage 4 Sat 10:40 AM Register						10:40AM-11:10AM (School Age)	
Shoreview School Age Swim Lessons Stages 1-2 Sat 10:40 AM Register						10:40AM-11:10AM (School Age)	
Oula.One Studio						11:05AM-11:50AM (Pilates & Yoga) <i>Caroline</i>	
Shoreview School Age Swim Lessons Stages 5-6 Sat 11:15 AM Register						11:15AM-11:45AM (School Age)	
Shoreview Preschool Swim Lessons Stages 2-3 Sat 11:15 AM Register						11:15AM-11:45AM (Preschool)	
Shoreview School Age Swim Lessons Stages 1-2 Sat 11:15 AM Register						11:15AM-11:45AM (School Age)	
Cardio Dance Studio							10:30AM-11:30AM (Dance) <i>Parisha R.</i>