



## YMCA Camp Widjiwagan | May 19th - May 25th

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## Hudson YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Hudson Competitive Stroke &amp; Turn Development Wed 5:35 PM</b>  <a href="#">Register</a>			5:35PM-6:05PM (Classes)				
<b>HIIT</b> Studio 1					5:10AM-5:55AM (Cardio & Strength Combo) <i>Ann P.</i>		
<b>Group Cycle</b> Studio 3					7:00AM-7:45AM (Cardio ) <i>Gerry B.</i>		
<b>ForeverWell Water X</b> Lap Pool					7:30AM-8:15AM (Water Exercise) <i>Patty S.</i>		
<b>Studio Strength</b> Studio 1					8:00AM-8:50AM (Strength) <i>Cindy D.</i>		
<b>Water Exercise</b> Pool					9:00AM-10:00AM (Water Exercise) <i>Patty S.</i>		
<b>Group Blast</b> Studio 1					9:15AM-10:15AM (Cardio ) <i>Lesley B.</i>	8:10AM-9:05AM (Cardio ) <i>Cheryl S.</i>	
<b>SilverSneakers™ Circuit</b> Studio 2					9:15AM-10:00AM (55+) <i>Sheryl G.</i>		
<b>BodyPump™</b> Studio 1					10:30AM-11:30AM (Strength) <i>Lesley B.</i>  4:00PM-5:00PM (Strength) <i>Carey P.</i>		8:15AM-9:15AM (Strength) <i>Ann U.</i>
<b>Yoga Flow</b> Studio 1					11:45AM-12:45PM (Pilates & Yoga) <i>Joan S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Body Pump Express</b> Studio 1						7:10AM-7:55AM (Strength) <i>Ann P.</i>  9:20AM-10:05AM (Strength) <i>Denise S.</i>	
<b>Yoga Flow</b> Studio 2						8:00AM-9:00AM (Pilates & Yoga) <i>Joan S.</i>	
<b>Water Exercise</b> Lap Pool						8:10AM-8:55AM (Water Exercise) <i>Nicole B.</i>	
<b>Flow</b> Studio 2						9:10AM-10:10AM (Pilates & Yoga) <i>Joan S.</i>	
<b>R.I.P.P.E.D.</b> Studio 1						10:20AM-11:20AM (Cardio & Strength Combo) <i>Ken J.</i>	
<b>Yoga</b> Studio 2							9:00AM-10:00AM (Pilates & Yoga) <i>Erin N.</i>



## Andover YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>R.I.P.P.E.D.</b> Studio 3					5:10AM-6:10AM (Cardio & Strength Combo) <i>Tonya R.</i>  9:30AM-10:30AM (Cardio & Strength Combo) <i>Tiara C.</i>		
<b>Core Conditioning</b> Studio 2					5:30AM-6:00AM (Pilates & Yoga) <i>Laura R.</i>		
<b>BodyPump™</b> Studio 3					8:00AM-9:00AM (Strength) <i>Anne M.</i>		
<b>Studio Combo</b> Studio 2					8:30AM-9:15AM (Cardio & Strength Combo) <i>Shannon S.</i>		
<b>Water Exercise</b> Lap Pool					9:00AM-9:45AM (Water Exercise) <i>Gillian H.</i>		
<b>Yoga</b> Mind Body Studio					9:30AM-10:30AM (Pilates & Yoga) <i>Chandra D.</i>  4:45PM-5:45PM (Pilates & Yoga) <i>Denise H.</i>		
<b>Group Active</b> Studio 2					9:30AM-10:30AM (Cardio & Strength Combo) <i>Anne M.</i>		
<b>Restorative Yoga</b> Mind Body Studio					10:45AM-11:45AM (Pilates & Yoga) <i>Chandra D.</i>		
<b>SilverSneakers™ Classic</b> Studio 3					11:00AM-11:45AM (55+) <i>Julie F.</i>		
<b>ForeverWell Cardio Dance</b> Studio 2					12:00PM-1:00PM (Dance) <i>Julie F.</i>		
<b>Core Conditioning</b> Mind Body Studio					5:50PM-6:20PM (Strength) <i>Denise H.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Oula™</b> Studio 2					6:00PM-7:00PM (Dance) <i>Amanda L.</i>		
<b>Boot Camp</b> Studio 3						7:10AM-7:55AM (Cardio & Strength Combo) <i>Lisa T.</i>	
<b>BodyPump™</b> Studio 2						8:15AM-9:15AM (Strength) <i>Lindsey G.</i>	
<b>PiYo Strength</b> Studio 3						8:15AM-9:15AM (Pilates & Yoga) <i>Traci S.</i>	
<b>Group Fight</b> Studio 3						9:30AM-10:30AM (Cardio ) <i>Gillian H.</i>	
<b>Cardio Dance</b> Studio 2						9:30AM-10:30AM (Dance) <i>Christina C.</i>	
<b>UpLift</b> Studio 2							9:00AM-10:00AM (Strength) <i>Christina C.</i>
<b>SHiNE Dance Fitness</b> Studio 2							10:05AM-11:05AM (Dance) <i>Christina C.</i>
<b>Yoga</b> Studio 3							10:45AM-11:45AM (Pilates & Yoga) <i>April O.</i>
<b>Salsa Splash</b> Lap Pool							4:00PM-4:45PM (Water Exercise) <i>Alysa S.</i>
<b>Group Centergy</b> Mind Body Studio							4:15PM-5:15PM (Pilates & Yoga) <i>Dale K.</i>
<b>Group Power</b> Studio 3							4:45PM-5:30PM (Strength) <i>Angie S.</i>
<b>Sound Baths</b> Mind Body Studio							6:00PM-6:45PM (Pilates & Yoga) <i>Angie S.</i>



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Kickboxing</b> Kickboxing Studio					5:15AM-6:00AM (Strength) <i>Bonnie K.</i>		9:45AM-10:45AM (Cardio & Strength Combo) <i>Bonnie K.</i>
<b>Aqua Yoga</b> Leisure Pool <a href="#">REGISTER</a>					7:45AM-8:30AM (Water Exercise) <i>Mel P.</i>		
<b>ForeverWell Yoga</b> Studio B					8:15AM-9:15AM (Pilates & Yoga) <i>Diane A.</i>		
<b>ForeverWell Combo</b> Studio A					8:30AM-9:15AM (55+) <i>Gayle M.</i>		
<b>Group Cycle</b> Cycle Studio <a href="#">REGISTER</a>					8:45AM-9:30AM (Cardio ) <i>Mark F.</i>  5:00PM-5:45PM (Cardio ) <i>Jerry G.</i>	8:30AM-9:15AM (Cardio ) <i>Mark F.</i>	8:15AM-9:00AM (Cardio ) <i>Bonnie K.</i>
<b>SilverSneakers™ Classic</b> Gym					9:30AM-10:15AM (55+) <i>JoJo G.</i>		
<b>Yoga Flow</b> Studio B					9:30AM-10:30AM (Pilates & Yoga) <i>Michelle L.</i>		9:40AM-10:40AM (Pilates & Yoga) <i>Michelle L.</i>
<b>BodyPump™</b> Studio A					9:45AM-10:45AM (Strength) <i>Kimberly C.</i>  12:00PM-1:00PM (Strength) <i>Katy E.</i>	8:20AM-9:20AM (Strength) <i>Colette E.</i>  10:30AM-11:30AM (Strength) <i>Katy E.</i>	8:30AM-9:30AM (Strength) <i>Suzanne R.</i>
<b>Pickleball Full Gym</b> Gym					10:30AM-3:00PM (General) <i>Staff</i>		
<b>Parkinson's Cycle</b> Cycle Studio					10:30AM-11:30AM (55+) <i>Katy E.</i>		
<b>Group Centergy</b> Studio B					10:45AM-11:45AM (Pilates & Yoga) <i>Christine C.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Exercise</b> Leisure Pool <a href="#">REGISTER</a>					12:15PM-1:00PM (Water Exercise) <i>Indira H.</i>		
<b>Oula™</b> Studio A					6:00PM-7:00PM (Dance) <i>Ruthanne C.</i>		
<b>Group Blast</b> Studio A						7:10AM-8:10AM (Cardio & Strength Combo) <i>Amy C.</i>	12:00PM-1:00PM (Cardio ) <i>Julie R.</i>
<b>Yoga</b> Studio B						9:30AM-10:45AM (Pilates & Yoga) <i>Karen A.</i>	
<b>Zumba®</b> Studio A						9:35AM-10:20AM (Dance) <i>Jennifer M.</i>	
<b>SilverSneakers™ Classic</b> Studio B						12:15PM-1:00PM (55+) <i>Stephanie M.</i>	
<b>Pickleball Half Gym</b> Gym							9:00AM-11:30AM (General) <i>Staff</i>
<b>Group Active</b> Studio A							2:00PM-3:00PM (Cardio & Strength Combo) <i>Kathy E.</i>
<b>Group Power</b> Studio A							3:30PM-4:30PM (Strength) <i>Kathy E.</i>



## Forest Lake YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Boot Camp</b> Studio 1					5:30AM-6:30AM (Cardio & Strength Combo) <i>Diane B.</i>		
<b>Shallow Water Exercise</b> Pool					8:00AM-9:00AM (Water Exercise) <i>Cricket S.</i>		
<b>Yoga Sculpt</b> Studio 2					8:15AM-9:15AM (Pilates & Yoga) <i>Renee F.</i>		
<b>ForeverWell Combo</b> Studio 1					8:30AM-9:15AM (55+) <i>Shannon R.</i>		
<b>Deep Water Exercise</b> Pool					9:00AM-10:00AM (Water Exercise) <i>Cricket S.</i>		
<b>ForeverWell Strength</b> Studio 1					9:30AM-10:15AM (55+) <i>Louis J.</i>		
<b>HIIT</b> Studio 2					9:30AM-10:15AM (Cardio & Strength Combo) <i>Angie K.</i>		
<b>Yoga</b> Studio 2					10:45AM-11:45AM (Pilates & Yoga) <i>Erin P.</i>		11:00AM-12:00PM (Pilates & Yoga) <i>Bethany G.</i>
<b>UpLift</b> Studio 1					5:00PM-6:00PM (Dance) <i>Rachel</i>		
<b>BodyPump™</b> Studio 1						8:10AM-9:10AM (Strength) <i>Lydia M.</i>	
<b>R.I.P.P.E.D.</b> Studio 1						9:30AM-10:30AM (Cardio & Strength Combo) <i>Stephen R.</i>	
<b>Mat Pilates</b> Studio 2						9:30AM-10:15AM (Pilates & Yoga) <i>Diane B.</i>	
<b>BodyPump™</b> Studio 2							8:10AM-9:10AM (Strength) <i>Lucas M.</i>



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba® Studio 1							8:30AM-9:30AM (Dance) <i>Mollie L.</i>



## Woodbury YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mat Pilates</b> Studio 1					5:30AM-6:15AM (Pilates & Yoga) <i>Emily S.</i>		
<b>BodyPump™</b> Studio 3					5:30AM-6:30AM (Strength) <i>Heather G.</i>  10:30AM-11:30AM (Strength) <i>Ashley M.</i>	7:20AM-8:20AM (Strength) <i>Jill B.</i>	
<b>SilverSneakers™ Circuit</b> Studio 3					8:00AM-8:45AM (55+) <i>Jennifer M.</i>		
<b>Studio Combo</b> Studio 1					8:00AM-8:45AM (Cardio & Strength Combo) <i>Susanne S.</i>		
<b>Water Exercise</b> Pool					8:15AM-9:00AM (Water Exercise) <i>Cheryl H.</i>  9:15AM-10:00AM (Water Exercise) <i>Kathy A.</i>		
<b>ForeverWell Yoga</b> Studio 1					9:00AM-10:00AM (Pilates & Yoga) <i>Lucia S.</i>		
<b>Group Blast</b> Studio 3					9:15AM-10:15AM (Cardio ) <i>Ashley M.</i>	9:40AM-10:40AM (Cardio ) <i>Natasha S.</i>	
<b>Group Cycle</b> Studio 2 <a href="#">REGISTER</a>					9:15AM-10:00AM (Cardio ) <i>Jennifer M.</i>		
<b>Sound Baths</b> Thrivent room <a href="#">REGISTER</a>					9:30AM-10:30AM (Integrative Health and Wellbeing) <i>Kali H.</i>		4:00PM-5:00PM (Integrative Health and Wellbeing) <i>Allie S.</i>
<b>Core Conditioning</b> Studio 2					10:05AM-10:20AM (Strength) <i>Jennifer M.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga Flow</b> Studio 1					10:15AM-11:15AM (Pilates & Yoga) <i>Lucia S.</i>		
<b>Tai Chi 3</b> Studio 3					11:45AM-12:45PM (Pilates & Yoga) <i>Kimberley S.</i>		
<b>SilverSneakers™ Classic</b> Studio 3					1:30PM-2:15PM (55+) <i>Julie W.</i>		
<b>SHiNE Dance Fitness</b> Studio 1					5:30PM-6:30PM (Dance) <i>Mattie S.</i>		
<b>BodyPump™</b> Studio 3						8:30AM-9:30AM (Strength) <i>Natasha S.</i>	
<b>Zumba®</b> Studio 1						9:00AM-10:00AM (Dance) <i>Colleen V.</i>	
<b>Group Cycle</b> Studio 2 <a href="#">REGISTER</a>						9:15AM-10:00AM (Cardio ) <i>Anne W.</i>	
<b>Yoga</b> Studio 1						10:15AM-11:15AM (Pilates & Yoga) <i>Courtney G.</i>	
<b>Group Centergy</b> Studio 1							8:15AM-9:15AM (Pilates & Yoga) <i>Emily S.</i>
<b>Group Core</b> Studio 3							9:20AM-9:50AM (General) <i>Laurel I.</i>
<b>Group Blast</b> Studio 3							10:00AM-11:00AM (Cardio ) <i>Laurel I.</i>
<b>Yoga</b> Studio 3							11:15AM-12:15PM (Pilates & Yoga) <i>Laurel I.</i>



## New Hope YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Cycle</b> Studio 1 <a href="#">REGISTER</a>					5:30AM-6:15AM (Cardio ) <i>Mindy F.</i>		9:30AM-10:15AM (Cardio ) <i>Amanda Z.</i>
<b>Aqua Zumba®</b> Pool <a href="#">REGISTER</a>					7:15AM-8:15AM (Water Exercise) <i>Amanda B.</i>	8:15AM-9:15AM (Water Exercise) <i>Maren V.</i>	
<b>Mat Pilates</b> Studio 2					8:15AM-9:00AM (Pilates & Yoga) <i>Kris M.</i>		
<b>Group Blast</b> Studio 1					9:30AM-10:15AM (Cardio ) <i>Amanda B.</i>		
<b>Gentle Yoga</b> Studio 2					9:30AM-10:30AM (Pilates & Yoga) <i>Shayna</i>		
<b>Pickleball Full Gym</b> Gym					10:30AM-1:30PM (Gym) <i>Staff</i>		
<b>BodyPump™</b> Studio 1					10:30AM-11:30AM (Strength) <i>John R.</i>	8:00AM-9:00AM (Strength) <i>Kimberly D.</i>	
<b>Adult Water Volleyball</b> Pool					11:00AM-1:00PM (General) <i>Staff</i>		
<b>SilverSneakers™ Yoga</b> Studio 1					11:45AM-12:30PM (55+) <i>Nancy</i>		
<b>SilverSneakers™ Classic</b> Studio 1					12:45PM-1:30PM (55+) <i>Nancy</i>		
<b>Group Centergy</b> Studio 2						7:45AM-8:45AM (Pilates & Yoga) <i>Sallie H.</i>	
<b>Group Active</b> Studio 1						9:10AM-10:10AM (Cardio & Strength Combo) <i>Sallie H.</i>	
<b>Zumba®</b> Studio 1						10:15AM-11:15AM (Dance) <i>Maren V.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ForeverWell Combo Studio 2						11:00AM-11:45AM (Cardio & Strength Combo) <i>Virtually</i>	



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Tabata</b> Fitness Studio					5:45AM-6:30AM (Cardio & Strength Combo) <i>Susie G.</i>		
<b>Step</b> Fitness Studio					7:45AM-8:45AM (Cardio ) <i>Cindy D.</i>		8:30AM-9:30AM (Cardio ) <i>Cindy D.</i>
<b>Water Exercise</b> Pool					8:15AM-9:00AM (Water Exercise) <i>Rachel L.</i>		
<b>Mat Pilates</b> Multi Purpose Studio					8:30AM-9:15AM (Pilates & Yoga) <i>Teresa H.</i>		
<b>ForeverWell Combo</b> Fitness Studio					9:00AM-9:45AM (55+) <i>Velma H.</i>		
<b>ForeverWell Water X</b> Pool					9:15AM-10:00AM (Water Exercise) <i>Angie O.</i>		
<b>SilverSneakers™ Classic</b> Multi Purpose Studio					9:30AM-10:15AM (55+) <i>Kim G.</i>		
<b>ForeverWell Stretch</b> Multi Purpose Studio					10:30AM-11:15AM (55+) <i>Lumiko O.</i>		
<b>BodyPump™</b> Fitness Studio					11:00AM-12:00PM (Strength) <i>Lydia M.</i>	9:45AM-10:45AM (Strength) <i>Louisa O.</i>	
<b>Tai Chi For Health Inst.</b> Multi Purpose Studio					11:30AM-12:30PM (General) <i>Lumiko O.</i>		
<b>Line Dancing</b> Fitness Studio					1:00PM-2:00PM (Dance) <i>Kim G.</i>		
<b>Group Fight</b> Fitness Studio					4:45PM-5:45PM (Cardio ) <i>Amanda W.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua Zumba®</b> Pool					5:15PM-6:00PM (Water Exercise) <i>Natalie K.</i>	8:00AM-8:45AM (Water Exercise) <i>Darcy F.</i>	
<b>SHiNE Dance Fitness</b> Fitness Studio					6:00PM-7:00PM (Dance) <i>Tina S.</i>		
<b>HIIT</b> Fitness Studio						7:45AM-8:30AM (Cardio & Strength Combo) <i>Cindy D.</i>	
<b>BodyStep</b> Fitness Studio						8:35AM-9:35AM (Cardio ) <i>Louisa O.</i>	
<b>Group Cycle</b> Fitness Alcove						8:45AM-9:45AM (Cardio ) <i>Steven W.</i>	
<b>Line Dancing-Intermediate/Adv.</b> Multi Purpose Studio						10:20AM-11:20AM (Dance) <i>Kayla M.</i>	
<b>Yoga</b> Fitness Studio						11:15AM-12:15PM (Pilates & Yoga) <i>Ari N.</i>	
<b>Group Centergy</b> Fitness Studio							9:45AM-10:45AM (Pilates & Yoga) <i>Karri S.</i>



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b> Studio					5:45AM-6:45AM (Pilates & Yoga) <i>Mary B.</i>		
<b>BodyPump™</b> Studio					9:30AM-10:30AM (Strength) <i>Barb I.</i>	8:15AM-9:15AM (Strength) <i>Courtney R.</i>	
<b>Water Exercise</b> Pool <a href="#">REGISTER</a>					10:00AM-10:45AM (Water Exercise) <i>Pam</i>		
<b>SilverSneakers™ Classic</b> Studio					10:55AM-11:40AM (55+) <i>Merilee I.</i>		
<b>Yoga Flow</b> Studio <a href="#">REGISTER</a>					4:00PM-5:00PM (Pilates & Yoga) <i>Rosa P.</i>		
<b>Zumba®</b> Studio						10:00AM-11:00AM (Dance) <i>Drina R.</i>	
<b>Group Centergy</b> Studio							10:45AM-11:45AM (Pilates & Yoga) <i>Kate H.</i>
<b>Oula™</b> Studio							12:00PM-1:00PM (Dance) <i>Trina M.</i>





## Burnsville YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Cycle</b> Warehouse <a href="#">REGISTER</a>					6:00AM-6:45AM (Cardio ) <i>Jerry G.</i>		9:15AM-10:00AM (Cardio ) <i>Jerry G.</i>
<b>SilverSneakers™ Classic</b> Studio A					8:00AM-8:45AM (55+) <i>Nicole P.</i>		
<b>Yoga</b> Studio B					8:15AM-9:15AM (Pilates & Yoga) <i>David J.</i>	10:05AM-11:05AM (Pilates & Yoga) <i>David J.</i>	9:15AM-10:15AM (Pilates & Yoga) <i>Dawn W.</i>
<b>SilverSneakers™ Circuit</b> Studio A					9:00AM-9:45AM (55+) <i>Nicole P.</i>		
<b>Studio Combo</b> Studio B					9:30AM-10:15AM (Cardio & Strength Combo) <i>Danielle M.</i>		
<b>Water Exercise</b> Lap/Leisure Pool <a href="#">REGISTER</a>					10:00AM-10:45AM (Water Exercise) <i>Mary F.</i>	8:00AM-8:45AM (Water Exercise) <i>Michele L.</i>	
<b>BodyPump™</b> Studio A					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>
<b>SilverSneakers™ Yoga</b> Studio A					11:30AM-12:15PM (55+) <i>Gabriela K.</i>		
<b>QiGong</b> Studio A					12:30PM-1:30PM (55+) <i>Karen A.</i>		
<b>Step</b> Studio B						8:00AM-9:00AM (Cardio ) <i>Gayle M.</i>	
<b>Group Centergy</b> Studio B						9:05AM-10:00AM (Pilates & Yoga) <i>Gayle M.</i>	
<b>Turbo Kick™</b> Studio A						9:15AM-10:15AM (Cardio ) <i>Jennie B.</i>	
<b>Meditation/Breathwork</b> Studio B						11:05AM-11:35AM (Pilates & Yoga) <i>David J.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Dance Studio A							11:30AM-12:30PM (Dance) <i>Blanka B.</i>



## Shoreview YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>R.I.P.P.E.D.</b> Studio					6:00AM-7:00AM (Cardio & Strength Combo) <i>Victoria S.</i>	8:50AM-9:50AM (Cardio & Strength Combo) <i>Victoria S.</i>	
<b>ForeverWell Cardio</b> Studio					8:00AM-8:45AM (55+) <i>Julie G.</i>		
<b>Group Fight 101</b> Studio					8:55AM-9:05AM (Cardio ) <i>Heidi W.</i>		
<b>Yoga Flow</b> Fusion Studio					9:00AM-10:00AM (Pilates & Yoga) <i>Kaye S.</i>		
<b>Group Fight</b> Studio					9:05AM-10:05AM (Cardio ) <i>Heidi W.</i>		
<b>Water Exercise Power</b> Pool <a href="#">REGISTER</a>					9:05AM-9:50AM (Water Exercise) <i>Stacia C.</i>  10:00AM-10:45AM (Water Exercise) <i>Abby B.</i>		
<b>BodyPump™</b> Studio					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>
<b>Group Centergy</b> Studio					11:25AM-12:25PM (Pilates & Yoga) <i>Denise T.</i>		
<b>SilverSneakers™ Circuit</b> Studio					12:35PM-1:20PM (55+) <i>Brenda P.</i>		
<b>SilverSneakers™ Yoga</b> Studio					1:30PM-2:15PM (55+) <i>Elen B.</i>		
<b>Yoga Flow</b> Studio					4:30PM-5:30PM (Pilates & Yoga) <i>Anne C.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Adult Deep Water Exericse</b> Pool <a href="#">REGISTER</a>					5:05PM-5:50PM (Water Exercise) <i>Self L.</i>		
<b>Group Cycle</b> Fusion Studio <a href="#">REGISTER</a>						8:00AM-8:45AM (Cardio ) <i>Josh K.</i>	
<b>Water Tabata</b> Pool <a href="#">REGISTER</a>						8:30AM-9:15AM (Water Exercise) <i>Stacia C.</i>	
<b>Yoga</b> Fusion Studio						9:00AM-10:00AM (Pilates & Yoga) <i>Pat A.</i>	
<b>Oula™</b> Studio						10:00AM-11:00AM (Dance) <i>Amanda L.</i>	
<b>Soul Flow by Oula Fitness</b> Studio						11:05AM-11:50AM (Pilates & Yoga) <i>Caroline</i>	
<b>Cardio Dance</b> Studio							10:30AM-11:30AM (Dance) <i>Parisha R.</i>
<b>Water Exercise</b> Pool <a href="#">REGISTER</a>							11:05AM-11:50AM (Water Exercise) <i>Stacia C.</i>
<b>Yoga</b> Studio							3:30PM-4:30PM (Pilates & Yoga) <i>Jim K.</i>



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Blast</b> Studio A					6:00AM-7:00AM (Cardio ) <i>Tonya C.</i>	10:20AM-11:20AM (Cardio ) <i>JJ M.</i>	
<b>ForeverWell Cardio</b> Studio A					8:30AM-9:15AM (55+) <i>Catherine R.</i>		
<b>Community Acupuncture (Free)</b> Studio K					9:00AM-11:00AM (Integrative Health and Wellbeing) <i>Beth P.</i>		
<b>Mat Pilates</b> Flex B/C					9:00AM-10:00AM (Pilates & Yoga) <i>Bon M.</i>		
<b>Group Cycle</b> Studio B <a href="#">REGISTER</a>					9:00AM-10:00AM (Cardio ) <i>David D.</i>		
<b>Group Power</b> Studio A					9:30AM-10:30AM (Strength) <i>Linda H.</i>		
<b>SilverSneakers™ Classic</b> Flex B/C					10:15AM-11:00AM (55+) <i>Hayley K.</i>		
<b>Yoga</b> Studio A					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>Mulberry H.</i>
<b>Sound Baths</b> Studio A					12:00PM-12:45PM (Integrative Health and Wellbeing) <i>Jim K.</i>		
<b>Zumba®</b> 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>
<b>BodyPump™</b> Studio A						8:00AM-9:00AM (Strength) <i>JJ M.</i>	9:05AM-10:05AM (Strength) <i>Beth L.</i>
<b>BeatBoss™ Cycle</b> Studio B <a href="#">REGISTER</a>						9:00AM-10:00AM (Cardio ) <i>Robert L.</i>	10:30AM-11:30AM (Cardio ) <i>Andrea A.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Centergy Studio A						9:10AM-10:10AM (Pilates & Yoga) <i>Tonya C.</i>	
ForeverWell Strength Flex B/C						11:30AM-12:15PM (55+) <i>Catherine R.</i>	
3D30 Studio A							10:15AM-10:45AM (Cardio & Strength Combo) <i>Katie G.</i>



## Eagan YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Cycle</b> Studio B <a href="#">REGISTER</a>					6:00AM-6:45AM (Cardio ) <i>Dana B.</i>		
<b>R.I.P.P.E.D.</b> Studio A					8:15AM-9:15AM (Cardio & Strength Combo) <i>Julie H.</i>		
<b>Water Exercise</b> Lap Pool					9:00AM-9:45AM (Water Exercise) <i>Ginny H.</i>		
<b>BodyStep</b> Studio B					9:15AM-10:15AM (Cardio ) <i>Jacquie B.</i>	9:15AM-10:15AM (Cardio ) <i>Jacquie B.</i>	
<b>BodyPump™</b> Studio A					9:30AM-10:30AM (Strength) <i>Jessica O.</i>  5:30PM-6:30PM (Strength) <i>Staff</i>	8:15AM-9:15AM (Strength) <i>Clarence W.</i>	10:00AM-11:00AM (Strength) <i>Kevin</i>
<b>Arthritis Water Exercise</b> Leisure Pool					10:00AM-10:45AM (Water Exercise) <i>Mara D.</i>		
<b>Oula™</b> Studio A					10:40AM-11:40AM (Dance) <i>Claire R.</i>		
<b>BodyBalance</b> Studio B					10:45AM-11:45AM (Pilates & Yoga) <i>Terie</i>		
<b>ForeverWell Combo</b> Studio A					11:50AM-12:50PM (55+) <i>Mary F.</i>		
<b>Line Dancing</b> Studio A					1:00PM-1:55PM (Cardio ) <i>Deena B.</i>		
<b>Line Dancing-Intermediate/Adv.</b> Studio A					2:00PM-3:00PM (Cardio ) <i>Deena B.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BodyCombat</b> Studio B					5:30PM-6:30PM (Cardio ) <i>Tegan K.</i>	10:30AM-11:30AM (Cardio ) <i>Clarence W.</i>	
<b>Zumba®</b> Studio A					6:40PM-7:40PM (Dance) <i>Rosanna B.</i>	9:30AM-10:35AM (Dance) <i>Kristine</i>	
<b>Salsa Splash</b> Pool						8:00AM-8:45AM (Water Exercise) <i>Mary F.</i>	
<b>BodyBalance</b> Studio A						10:45AM-11:45AM (Pilates & Yoga) <i>Kevin</i>	11:10AM-12:10PM (Pilates & Yoga) <i>Kevin</i>
<b>BodyStep</b> Studio A							8:45AM-9:45AM (Cardio ) <i>Tammy W.</i>





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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Cycle</b> Studio C <a href="#">REGISTER</a>					6:00AM-7:00AM (Cardio ) <i>Heather R.</i>  8:30AM-9:30AM (Cardio ) <i>Kavita M.</i>	8:15AM-9:15AM (Cardio & Strength Combo) <i>Kavita M.</i>  9:30AM-10:30AM (Cardio ) <i>Sarah T.</i>	8:15AM-9:15AM (Cardio & Strength Combo) <i>Kavita M.</i>
<b>ForeverWell Combo</b> Studio A					8:45AM-9:30AM (55+) <i>Tracy W.</i>		
<b>Deep Water Exercise</b> Orange Pool <a href="#">REGISTER</a>					9:00AM-9:45AM (Water Exercise) <i>Joanne E.</i>		
<b>Oula™</b> Studio A					10:00AM-11:00AM (Dance) <i>Hannah B.</i>		
<b>Studio Combo</b> Studio B					10:00AM-11:00AM (Cardio & Strength Combo) <i>Tracy W.</i>		
<b>Water Exercise</b> Blue Pool <a href="#">REGISTER</a>					10:00AM-10:45AM (Water Exercise) <i>Joanne E.</i>	2:00PM-2:45PM (Water Exercise) <i>Mel P.</i>	
<b>SilverSneakers™ Circuit</b> Full Gym					10:45AM-11:30AM (55+) <i>Mel P.</i>		
<b>SilverSneakers™ Yoga</b> Full Gym					11:45AM-12:30PM (55+) <i>Mel P.</i>		
<b>Mat Pilates</b> Studio B					11:45AM-12:30PM (Pilates & Yoga) <i>Devan B.</i>		
<b>BodyPump™</b> Studio A					12:00PM-1:00PM (Strength) <i>Mary T.</i>  5:30PM-6:30PM (Strength) <i>Kathy S.</i>	8:15AM-9:15AM (Strength) <i>Ann B.</i>	9:20AM-10:20AM (Strength) <i>Ann B.</i>
<b>Step</b> Studio B						9:30AM-10:30AM (Cardio ) <i>Joann P.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga Flow</b> Studio A						9:30AM-10:30AM (Pilates & Yoga) <i>Laura B.</i>	
<b>Group Power</b> Studio A						10:45AM-11:45AM (Strength) <i>Joann P.</i>	
<b>Zumba®</b> Studio B							9:00AM-10:00AM (Cardio ) <i>Rachel B.</i>
<b>HIIT</b> Studio A							10:30AM-11:30AM (Cardio & Strength Combo) <i>Kathy S.</i>
<b>Yoga</b> Studio B							10:30AM-11:30AM (Pilates & Yoga) <i>Meghan H.</i>



## Elk River YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Indoor Walking Groups</b> Gym					8:00AM-10:00AM (General) <i>Staff</i>		
<b>Water Exercise</b> Lap Pool <a href="#">REGISTER</a>					9:15AM-10:00AM (Water Exercise) <i>Kayla F.</i>	8:15AM-9:00AM (Water Exercise) <i>Sharon L.</i>	
<b>Studio Combo</b> Studio B					9:30AM-10:15AM (Cardio & Strength Combo) <i>Brandie N.</i>		
<b>BodyPump™</b> Studio A					9:30AM-10:30AM (Strength) <i>Brittany W.</i>		
<b>SilverSneakers™ Classic</b> Community Room					9:45AM-10:30AM (55+) <i>Jared S.</i>		
<b>Mat Pilates</b> Studio A					10:45AM-11:30AM (Pilates & Yoga) <i>Brittany W.</i>		
<b>Yoga Flow</b> Studio A						8:10AM-9:10AM (Pilates & Yoga) <i>Jessica H.</i>	
<b>Group Cycle</b> Studio B <a href="#">REGISTER</a>						8:15AM-9:00AM (Cardio ) <i>Brittany W.</i>	
<b>Tabata</b> Studio A						9:20AM-10:05AM (Cardio & Strength Combo) <i>Brittany W.</i>	
<b>BodyPump™</b> Studio B						9:30AM-10:30AM (Strength) <i>Kelly F.</i>	
<b>Pickup Volleyball</b> South Gym						10:00AM-12:00PM (Kids & Family ) <i>Staff</i>	
<b>Oula™</b> Studio A						10:15AM-11:15AM (Dance) <i>Michelle D.</i>	
<b>Yoga</b> Studio A							8:00AM-9:00AM (Pilates & Yoga) <i>Jessica H.</i>





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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Power</b> Studio B					8:00AM-9:00AM (Strength) <i>Bill E.</i>		
<b>Mat Pilates</b> Studio C					9:00AM-10:00AM (Pilates & Yoga) <i>Ellen S.</i>		
<b>Water Exercise Power</b> Pool <a href="#">REGISTER</a>					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>
<b>Cardio</b> Studio A					9:15AM-10:00AM (Cardio ) <i>Abbie S.</i>		
<b>ForeverWell Cardio</b> Gym					10:00AM-11:00AM (55+) <i>Anne T.</i>		
<b>Cardio Dance</b> Studio A					10:10AM-11:10AM (Dance) <i>Elyse M.</i>  6:00PM-7:00PM (Dance) <i>Brittany H.</i>		
<b>Cardio Bounce/ Stretch</b> Studio C <a href="#">REGISTER</a>					10:15AM-11:15AM (Cardio ) <i>Ruth K.</i>		
<b>Water Tabata</b> Pool <a href="#">REGISTER</a>					10:15AM-11:00AM (Water Exercise) <i>Debi W.</i>		
<b>ForeverWell Water X</b> Pool <a href="#">REGISTER</a>					11:15AM-12:00PM (Water Exercise) <i>Deb C.</i>		
<b>Gentle Yoga</b> Studio C					12:00PM-1:00PM (Pilates & Yoga) <i>Camilla H.</i>		
<b>BodyPump™</b> Studio B					4:45PM-5:45PM (Cardio & Strength Combo) <i>Brittany H.</i>		10:35AM-11:35AM (Strength) <i>Clarence W.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b> Studio C					5:00PM-6:15PM (Pilates & Yoga) <i>Beth H.</i>		3:15PM-4:30PM (Pilates & Yoga) <i>Beth H.</i>
<b>Yoga Flow</b> Studio C						8:30AM-9:30AM (Pilates & Yoga) <i>Ellen S.</i>	
<b>BodyPump™</b> Studio B						9:00AM-10:00AM (Strength) <i>Ruth K.</i>  10:30AM-11:30AM (Strength) <i>John R.</i>	
<b>Water Exercise</b> Pool <a href="#">REGISTER</a>						9:00AM-10:00AM (Water Exercise) <i>Deb C.</i>	
<b>HIIT</b> Studio A						9:15AM-10:00AM (Cardio & Strength Combo) <i>Christine B.</i>	
<b>Cardio Bounce</b> Studio C <a href="#">REGISTER</a>						10:15AM-11:15AM (Cardio ) <i>Ruth K.</i>	
<b>Latin Hip Hop</b> Studio A						10:30AM-11:30AM (Dance) <i>Teresa B.</i>	
<b>Oula™</b> Studio A							10:30AM-11:30AM (Dance) <i>Laura O.</i>
<b>Group Centergy</b> Studio C							10:30AM-11:30AM (Pilates & Yoga) <i>Sallie H.</i>
<b>Group Blast</b> Studio B							1:00PM-2:00PM (Cardio ) <i>Amanda B.</i>



## Hastings YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Exercise</b> Pool <a href="#">REGISTER</a>					8:00AM-8:45AM (Water Exercise) <i>Tracy S.</i>	8:00AM-8:45AM (Water Exercise) <i>Yvonne</i>	
<b>Studio Combo</b> Studio B					8:15AM-9:00AM (Cardio & Strength Combo) <i>DeAnn N.</i>		
<b>Cycle Fusion</b> Studio C					9:15AM-10:00AM (Cardio ) <i>Vanessa</i>		
<b>Yoga Flow</b> Studio B					9:15AM-10:15AM (Pilates & Yoga) <i>DeAnn N.</i>		
<b>SilverSneakers™ Circuit</b> Gym					9:15AM-10:00AM (55+) <i>Tracy S.</i>		
<b>SilverSneakers™ Classic</b> Gym					10:15AM-11:00AM (55+) <i>Riley B.</i>		
<b>ForeverWell Water X</b> Pool <a href="#">REGISTER</a>					10:15AM-11:00AM (Water Exercise) <i>Tracy S.</i>		
<b>SHiNE Dance Fitness</b> Studio B					4:30PM-5:30PM (Dance) <i>Kari</i>		
<b>Group Blast</b> Studio B						7:30AM-8:20AM (Cardio ) <i>Deena B.</i>	
<b>BodyPump™</b> Studio B						8:30AM-9:30AM (Strength) <i>Jamie L.</i>	
<b>SHiNE Dance Fitness</b> Studio A						9:00AM-10:00AM (Dance) <i>Mattie S.</i>	
<b>Group Centergy</b> Studio B						9:40AM-10:40AM (Pilates & Yoga) <i>Jamie L.</i>	
<b>CANCELED: Sound Baths</b> Studio A							3:45PM-4:30PM (Pilates & Yoga) <i>Julie P.</i>







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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CANCELED: Deep Water Exercise</b> Pool <a href="#">REGISTER</a>					8:15AM-9:00AM (Water Exercise) <i>Kristen H.</i>		
<b>BodyPump™</b> Studio A					8:45AM-9:45AM (Strength) <i>Andrew E.</i>	9:30AM-10:30AM (Strength) <i>Heather L.</i>	10:30AM-11:30AM (Strength) <i>Sarah J.</i>
<b>ForeverWell Yoga</b> Studio A					10:00AM-10:45AM (55+) <i>Sandra B.</i>		
<b>Yoga Flow</b> Studio C					10:00AM-11:15AM (Pilates & Yoga) <i>Mary M.</i>		
<b>ForeverWell Strength</b> Studio A					11:00AM-11:45AM (55+) <i>Sandra B.</i>		
<b>Step</b> Studio A					5:15PM-6:00PM (Cardio ) <i>Yolonda</i>		12:00PM-12:45PM (Cardio ) <i>Yolonda</i>
<b>Core Conditioning</b> Studio A					6:00PM-6:30PM (Strength) <i>Yolonda</i>		
<b>CANCELED: Water Exercise</b> Pool <a href="#">REGISTER</a>						8:00AM-8:45AM (Water Exercise) <i>Heather C.</i>	
<b>Oula™</b> Studio A						8:15AM-9:15AM (Dance) <i>Ruthanne C.</i>	
<b>Group Cycle</b> Studio C						8:30AM-9:15AM (Cardio ) <i>Sarah S.</i>	
<b>Yoga</b> Studio C						9:30AM-10:30AM (Pilates & Yoga) <i>Jean J.</i>	
<b>R.I.P.P.E.D.</b> Studio A							9:15AM-10:15AM (Cardio & Strength Combo) <i>EG N.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Latin Hip Hop Studio C							10:00AM-11:00AM (Dance) <i>Kay J.</i>
Yoga Flow Studio A							1:00PM-2:00PM (Pilates & Yoga) <i>Eddieberto S.</i>



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Cycle</b> Studio B <a href="#">REGISTER</a>					8:30AM-9:15AM (Cardio ) <i>Courtney R.</i>		9:30AM-10:15AM (Cardio ) <i>Sarah T.</i>
<b>SilverSneakers™ Classic</b> Gym					9:15AM-10:00AM (55+) <i>Ketzie L.</i>		
<b>Group Power</b> Studio A					9:20AM-10:20AM (Strength) <i>Molly M.</i>		
<b>Zumba Gold®</b> Gym					10:30AM-11:30AM (Dance) <i>Cindy O.</i>		
<b>Soul Fusion</b> Studio A					10:35AM-11:20AM (Pilates & Yoga) <i>Gina C.</i>		
<b>Yoga</b> Studio A					11:30AM-12:30PM (Pilates & Yoga) <i>Gina C.</i>		
<b>Soul Fusion</b> Studio A						8:15AM-9:15AM (Pilates & Yoga) <i>Gina C.</i>	
<b>BodyPump™</b> Studio A						9:35AM-10:35AM (Strength) <i>Jordan S.</i>	10:30AM-11:30AM (Strength) <i>Daryl G.</i>
<b>SHiNE Dance Fitness</b> Studio A						11:00AM-12:00PM (Dance) <i>Amy D.</i>	
<b>UpLift</b> Studio A						12:15PM-1:15PM (Cardio & Strength Combo) <i>Lauren R.</i>	
<b>Barre Fusion</b> Studio B							8:15AM-9:15AM (Pilates & Yoga) <i>Sarah J.</i>
<b>Yoga Flow</b> Studio A							9:00AM-10:15AM (Pilates & Yoga) <i>Emily B.</i>



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

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



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ForeverWell Cycle</b> Gym <a href="#">REGISTER</a>					10:00AM-11:00AM (Cardio ) <i>Eric</i>		
<b>Core Conditioning</b> Gym					11:00AM-11:30AM (Strength) <i>Eric</i>		



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

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



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open/Rec Swim Vortex On</b> Leisure Pool <a href="#">REGISTER</a>					5:00PM-5:55PM (Swim) Staff  6:00PM-6:55PM (Swim) Staff  7:00PM-7:55PM (Swim) Staff	9:00AM-9:55AM (Swim) Staff  10:00AM-10:55AM (Swim) Staff  11:00AM-11:55AM (Swim) Staff  12:00PM-12:55PM (Swim) Staff  1:00PM-1:55PM (Swim) Staff  2:00PM-2:55PM (Swim) Staff	2:00PM-2:50PM (Swim) Staff  3:00PM-3:50PM (Swim) Staff  4:00PM-4:45PM (Swim) Staff



YMCA Camp Warren | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Camp Menogyn Wilderness First Responder ReCert at Camp Warren -Non Staff</b> <a href="#">Register</a>						8:00AM-6:00PM (WFR Wilderness First Responder ReCert)	8:00AM-6:00PM (WFR Wilderness First Responder ReCert)
<b>Camp Menogyn Wilderness First Responder ReCert at Camp Warren -Staff</b> <a href="#">Register</a>						8:00AM-6:00PM (WFR Wilderness First Responder ReCert)	8:00AM-6:00PM (WFR Wilderness First Responder ReCert)





## Virtual Studio | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SilverSneakers™ Yoga</b> Southdale Virtual Studio							2:00PM-2:45PM (55+) <i>Clare O.</i>
<b>Studio Strength</b> Southdale Virtual Studio							2:45PM-3:15PM (Strength) <i>Clare O.</i>
<b>Body Weight Training</b> Southdale Virtual Studio							3:30PM-4:00PM (Cardio & Strength Combo) <i>Clare O.</i>
<b>Core Conditioning</b> Southdale Virtual Studio							4:00PM-4:30PM (Strength) <i>Clare O.</i>