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St. Paul

Group Fitness Classes - November

Updated 10/29/26

Monday

6:00-7:00 am	Barbell Strength	S
9:00-10:00 am	Dance Party	S
10:30-11:30 am	SilverSneakers Classic*	S
1:00-2:00 pm	Aqua FUNctional	P
7:00-8:00 pm	Yoga with Betsy	D

Tuesday

6:00-6:45 am	Cycle	C
8:00-9:00 am	TaiChi	S
8:30-9:30 am	Aqua Fusion	P
9:15-10:15 am	Forever Fit	S
9:15-10:15 am	Very Gentle Yoga Mat	W
5:00-6:00 pm	HIIT	D

Wednesday

10:30-11:30 am	SilverSneakers Classic*	S
6:00-7:00 pm	Yoga Sculpt	D

Thursday

6:00-6:45 am	Cycle	C
8:00-9:00 am	SilverSneakers Yoga*	S
8:30-9:30 am	Aqua Fusion	P
9:15-10:15 am	Forever Fit	S
9:15-10:15 am	Yoga with Libby	W
10:30-11:30 am	TaiChi Beginner	W

Friday

10:30-11:30 am	Dance Party	S

Saturday

9:00-9:45 am	Yoga with Shelby	D
10:00-11:00 am	HIIT	W

Group Fitness Class Fee: $10/Month
This Fee is **NOT** a PER CLASS FEE.

This **MONTHLY** fee gets you access to all the **Group Fitness Classes**! Register at the Member Services Desk!

Silver Sneaker Classes: Free

Location Codes:

A= Atrium
C = Cycle Studio
D = Dayton Studio
P = Pool
S = Selby Studio
O = Outside
PR = Pilates Reformer Studio
W = Western Studio

New Class ALERT!

TaiChi Beginner!!

Thursdays at 10:30-11:30am

Director of HFC Operations – Neil Erickson nerickson@ywcastpaul.org
Associate Director of HFC Growth and Programs- Troy Shoberg tshoberg@ywcastpaul.org
Member Services Staff healthandfitness@ywcastpaul.org
HFC Member Services Desk - 651-222-3741 Ext. 1 YW St. Paul Website https://www.ywcastpaul.org

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Class Descriptions

Barbell Strength: Get your morning and week started right. This class incorporates barbells and free weights into a more traditional strength-based workout. Available to all levels of fitness.

Dance Party: Rev up the energy in this 60-minute dance workout. Great music and easy routines make it fun for people of all level and abilities.

TaiChi: is comprised of easy-to-learn, modified Tai Chi forms aimed at improving well-being. Low-impact movements are practiced in a slow, flowing sequence to progress strength, balance, and focus. Chair support is offered to facilitate standing stability and seated exercise options.

TaiChi Beginner: Discover the benefits of Tai Chi in this welcoming, low-impact class designed for beginners of all fitness levels. Through gentle, flowing movements, participants will improve balance, flexibility, coordination, and strength while reducing stress and promoting relaxation. No previous experience is necessary. Come move at your own pace and enjoy a peaceful approach to improving your overall health and well-being!

Forever Fit: Designed for ages 55+, this low-impact class incorporates aerobics, strength training, core conditioning and stretching.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® Yoga: Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Very Gentle Mat Yoga: Gentle yoga provides light stretching and flexibility enhancing movements, especially in weak or injured joints. Ideal for those new to yoga, suffering from chronic back pain or wanting a less intense yoga practice.

Yoga Sculpt: A blend of Vinyasa Yoga and strength training class utilizes weights to create resistance and add intensity to each pose. A fun and challenging workout, Yoga Sculpt is great for anyone looking to strengthen their current yoga and fitness abilities.

Yoga: Classes are designed for all ages & fitness levels. Exercises focus on traditional yoga poses, breathing techniques & relaxation to increase flexibility, strengthen muscles, & and improve balance while creating body awareness.

Water Aerobics Classes:

Aqua FUNctional: Improve daily living activity and enhance sport performance. $10/month Service

Aqua Fusion: Class combines cardio intervals with fitness and strength training $10/month Service

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