

# YWCA ST. PAUL GROUP FITNESS

Updated October 30, 2020.



## Mondays

Time	Class	Loc	Zoom Room Link	Password
8:00-9:00 am	SilverSneakers Yoga (Libby)	Z	<a href="https://us02web.zoom.us/j/89587864726?pwd=R1QwbW1wRCthZXpMYVhPaFg5RktDUT09">https://us02web.zoom.us/j/89587864726?pwd=R1QwbW1wRCthZXpMYVhPaFg5RktDUT09</a>	034767
9:15-9:55 am	Dance Party (Jennifer M.)	Z	<a href="https://us04web.zoom.us/j/4751709870?pwd=UlhsMEh0M1NsSk5CeFp4anFaL1Urdz09">https://us04web.zoom.us/j/4751709870?pwd=UlhsMEh0M1NsSk5CeFp4anFaL1Urdz09</a>	481186
10:30-11:10 am	SilverSneakers Classic (CeCe)	Z	<a href="https://us04web.zoom.us/j/75026271493">https://us04web.zoom.us/j/75026271493</a>	2b5W4k
5:00-5:40 pm	Yoga Sculpt (Jen B.)	Z	<a href="https://zoom.us/j/92179900054?pwd=dTZ2SFInd1Q2MGJINnBTV0hEUWRFZz09">https://zoom.us/j/92179900054?pwd=dTZ2SFInd1Q2MGJINnBTV0hEUWRFZz09</a>	yoga
6:30-7:30 pm	OULA (Megan H.)	Z	<a href="https://zoom.us/j/93528087837">https://zoom.us/j/93528087837</a>	N/A

## Tuesdays

Time	Class	Loc	Zoom Room Link	Password
7:00-7:40 am	Morning Walk with Elisabeth	Z	<a href="https://us04web.zoom.us/j/6454374495?pwd=UEUyb3NRZWV3UUVHNTUy0ZvZDdMdZ09">https://us04web.zoom.us/j/6454374495?pwd=UEUyb3NRZWV3UUVHNTUy0ZvZDdMdZ09</a>	534214
9:15-9:55 am	Forever Fit (CeCe)	Z	<a href="https://us04web.zoom.us/j/79504853483">https://us04web.zoom.us/j/79504853483</a>	2b5W4k

## Wednesdays

Time	Class	Loc	Zoom Room Link	Password
9:00-10:00am	Very Gentle Mat Yoga (Libby)	Z	<a href="https://us02web.zoom.us/j/87506686107">https://us02web.zoom.us/j/87506686107</a>	570953
9:15-9:55 am	TBC (Kristin M.)	Z	<a href="https://us02web.zoom.us/j/75916963582?pwd=QXIFTHJqQ3kxUktXa2J0bVNtOHF5QT09">https://us02web.zoom.us/j/75916963582?pwd=QXIFTHJqQ3kxUktXa2J0bVNtOHF5QT09</a>	047409
10:30-11:10 am	Dance Party (Jennifer M.)	Z	<a href="https://us04web.zoom.us/j/4751709870?pwd=UlhsMEh0M1NsSk5CeFp4anFaL1Urdz09">https://us04web.zoom.us/j/4751709870?pwd=UlhsMEh0M1NsSk5CeFp4anFaL1Urdz09</a>	481186
5:00-5:40 pm	Yoga Sculpt (Jen B.)	Z	<a href="https://zoom.us/j/95181233690?pwd=WTZ4NnVtUUIMdW9Zb3IOZW83QII4Zz09">https://zoom.us/j/95181233690?pwd=WTZ4NnVtUUIMdW9Zb3IOZW83QII4Zz09</a>	yoga
6:30-7:30 pm	OULA (Megan H.)	Z	<a href="https://zoom.us/j/93528087837">https://zoom.us/j/93528087837</a>	N/A

## Thursdays

Time	Class	Loc	Zoom Room Link	Password
7:00-7:40 am	Morning Walk with Elisabeth	Z	<a href="https://us04web.zoom.us/j/75369302561">https://us04web.zoom.us/j/75369302561</a>	8VfXkr
11:00-11:40 am	Power Barz Express (CeCe)	Z	<a href="https://us04web.zoom.us/j/76013954900">https://us04web.zoom.us/j/76013954900</a>	2b5W4k

## Fridays

Time	Class	Loc	Zoom Room Link	Password
8:00-9:00 am	SilverSneakers Yoga (Libby)	Z	<a href="https://us02web.zoom.us/j/89587864726?pwd=R1QwbW1wRCthZXpMYVhPaFg5RktDUT09">https://us02web.zoom.us/j/89587864726?pwd=R1QwbW1wRCthZXpMYVhPaFg5RktDUT09</a>	034767
9:15-9:55 am	TBC (Kristin M.)	Z	<a href="https://us02web.zoom.us/j/87119971482?pwd=bSt6WUN5NUVPYk1zL0tOMzNMQ1BzUT09">https://us02web.zoom.us/j/87119971482?pwd=bSt6WUN5NUVPYk1zL0tOMzNMQ1BzUT09</a>	026026
10:30-11:10 am	Dance Party (Kristin/Jennifer)	Z	<a href="https://us04web.zoom.us/j/4751709870?pwd=UlhsMEh0M1NsSk5CeFp4anFaL1Urdz09">https://us04web.zoom.us/j/4751709870?pwd=UlhsMEh0M1NsSk5CeFp4anFaL1Urdz09</a>	481186

## Sundays

Time	Class	Loc	Zoom Room Link	Password
10:00-10:40am	Yoga Sculpt (Jen B.)	Z	<a href="https://zoom.us/j/94081695809?pwd=N3B3MjkxQ1Fab3FhK3JIRFIYYnVRZz09">https://zoom.us/j/94081695809?pwd=N3B3MjkxQ1Fab3FhK3JIRFIYYnVRZz09</a>	yoga

### Location Codes:

Z = Zoom Virtual Class. Please click the links listed above and enter the password to access your class. All classes are password protected. Please Note: Our Health & Fitness Center is temporarily closed. This is an at-home workout only.

Don't get our emails? [Click this link to sign up!](#) Make sure that you've added [email@ywcstpaul.org](mailto:email@ywcstpaul.org) to your address book and check your junk folder. Still having trouble? Contact us at [email@ywcstpaul.org](mailto:email@ywcstpaul.org) and we will help you subscribe.