

YWCA ST. PAUL GROUP FITNESS

Updated January 12, 2021.

eliminating racism
empowering women
ywca
St. Paul

Mondays

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

Tuesdays

Time	Class	Loc	Zoom Room Link	Password
7:00-7:40 am	Morning Walk with Elisabeth	Z	https://us04web.zoom.us/j/6454374495?pwd=UEUyb3NRZWV3UIVHNTUUY0ZvZDdMdZ09	534214
9:15-9:55 am	Forever Fit (CeCe)	Z	https://us04web.zoom.us/j/79504853483	2b5W4k
4:00-5:00 pm	EnerChi (Libby)	Z	https://us02web.zoom.us/j/88993638619?pwd=L1I1eDF6dIY3cnloeHZXUDZnc2lodz09	782192

Wednesdays

Time	Class	Loc	Zoom Room Link	Password
9:00-10:00am	Very Gentle Mat Yoga (Libby)	Z	https://us02web.zoom.us/j/87506686107	570953
9:15-9:55 am	TBC (Kristin M.)	Z	https://us02web.zoom.us/j/75916963582?pwd=QXlFTHJqQ3kxUktXa2J0bVNtOHF5QT09	047409
10:30-11:10 am	Dance Party (Jennifer M.)	Z	https://us04web.zoom.us/j/4751709870?pwd=UlhsMEh0M1NsSk5CeFp4anFaL1Urdz09	481186
6:30-7:30 pm	OULA (Megan H.)	Z	https://zoom.us/j/93528087837	N/A

Thursdays

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

Fridays

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

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@ywcastpaul.org to your address book and check your junk folder. Still having trouble? Contact us at email@ywcastpaul.org and we will help you subscribe.