

# YWCA ST. PAUL GROUP FITNESS

Updated April 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	<a href="https://us02web.zoom.us/j/87214776856?pwd=bU5pSDISRm9PcmZXYXJKYzJlc3NIUT09">https://us02web.zoom.us/j/87214776856?pwd=bU5pSDISRm9PcmZXYXJKYzJlc3NIUT09</a>	467194
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
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=UEUyb3NRZWV3UUVHNTUyOZVZDdMdz09">https://us04web.zoom.us/j/6454374495?pwd=UEUyb3NRZWV3UUVHNTUyOZVZDdMdz09</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
4:00-5:00 pm	EnerChi (Libby)	Z	<a href="https://us02web.zoom.us/j/88993638619?pwd=L1I1eDF6dY3cnloeHZXUDZnc2lodz09">https://us02web.zoom.us/j/88993638619?pwd=L1I1eDF6dY3cnloeHZXUDZnc2lodz09</a>	782192

## Wednesdays

Time	Class	Loc	Zoom Room Link	Password
08:30-9:10 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
9:00-10:00am	Very Gentle Mat Yoga (Libby)	Z	<a href="https://us02web.zoom.us/j/86944693344?pwd=MzNxRGZ3eDNSK2o2WE5OZWwrMk1XUT09">https://us02web.zoom.us/j/86944693344?pwd=MzNxRGZ3eDNSK2o2WE5OZWwrMk1XUT09</a>	106544
9:15-9:55 am	TBC (Kristin M.)	Z	<a href="https://us02web.zoom.us/j/75916963582?pwd=QXlFTHJqQ3kxUktXa2J0bVNtOHF5QT09">https://us02web.zoom.us/j/75916963582?pwd=QXlFTHJqQ3kxUktXa2J0bVNtOHF5QT09</a>	047409
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
9:00-10:15 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/88496461528?pwd=YTRjaEF2TkFuYWF0THFMWUFNb2IRZz09">https://us02web.zoom.us/j/88496461528?pwd=YTRjaEF2TkFuYWF0THFMWUFNb2IRZz09</a>	933839
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

### 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](mailto:email@ywcastpaul.org) to your address book and check your junk folder. Still having trouble? Contact us at [email@ywcastpaul.org](mailto:email@ywcastpaul.org) and we will help you subscribe.