

YWCA St. Paul January 2022

GROUP FITNESS

Mondays

6:05-7:05 a.m.	Barbell Strength	S
8:00-9:00 a.m.	SilverSneakers Yoga	V
10:30-11:30 a.m.	Dance Party	V
10:30-11:30 a.m.	SilverSneakers Classic	S
5:15-6:15 p.m.	OULA Dance	V

Bold = New Class

Location Codes:

V = Virtual

C = Cycle Studio

D = Dayton Studio

O = Outside – weather permitting

S = Selby Studio

W = Western Studio

Tuesdays

8:00-9:00 a.m.	Very Gentle Mat Yoga	V
9:15-10:15 a.m.	Forever Fit	S
5:00-6:00 p.m.	EnerChi	V

Wednesdays

10:30-11:30 a.m.	SilverSneakers Classic	S
12:00-1:00 p.m.	Yoga	W
6:00-7:00 p.m.	Yoga Sculpt	W

*** You must register for all on-site and virtual classes through the YWCA St. Paul Member Portal! This is the attendance tracker for classes. Support your favorite instructors!**

Thursdays

9:15-10:15 a.m.	Forever Fit	S
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For assistance, email

healthandfitness@ywcastpaul.org

Fridays

8:00-9:00 a.m.	SilverSneakers Yoga	V
10:30-11:30 a.m.	Dance Party	V

Saturdays

9:15am-10:00am	Step/Strength/Core Class	S
10:15-11:00am.	Cycling Express	C

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.

Cycle/Cycle Express: High-energy and invigorating, each indoor cycling class focuses on one of three different workouts: endurance, strength or interval.

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.

EnerChi: 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.

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

OULA: OULA® is a high-energy, calorie burning, crazy-fun dance workout to Top 40 hits. Classes are one epic hour of sweat, joy, and total inspiration! OULA is Dancemania for the Soul.

Power Barz Express: Power Barz is a fun strength training class that utilizes studio barbells. The full body workout utilizes repetitions to increase muscle endurance.

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.

Step & Sculpt: Get a full-body strength and cardio conditioning workout using the step! Ramp up your heart rate through basic step moves and use circuit-based, bodyweight strength movements to build full-body strength—abs included!

Total Body Conditioning: Total Body Conditioning is a cross between calorie-blasting boot camp and a more traditional strength training class. This workout uses

repetitive movements and body weight and weighted exercises to build strength, core exercises and cardio for a full-body workout.

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.

Step/Strength/Core Class: Get a full-body strength and cardio conditioning workout using the step! Ramp up your heart rate through basic step moves and use circuit-based, bodyweight strength movements to build full-body strength—abs included!