

November Group Fitness Classes

Monday

6:05-7:05 am	Barbell Strength	S
8:00-9:00 am	SilverSneakers Yoga	V
10:30-11:30 am	SilverSneakers Classic*	S
12:00-1:00pm	Aqua FUNctional	P
7:00-8:00 pm	Yoga with Betsy	W

***Reservations are required for all pool usage (lap swim or open swim) along with all Group Fitness classes. You can register on the YWCA St. Paul Member Portal.**

Tuesday

8:00-9:00 am	EnerChi	W
8:30-9:30 am	Aqua Fusion*	P
9:15-10:15 am	Very Gentle Yoga Mat	W
9:15-10:15 am	Forever Fit*	S

*Data from the reservations are collected and shared with management to help make decisions for the Health and Fitness Center. Support your favorite instructors or your favorite activity by making reservations!

Wednesday

9:00-10:00 am	Dance Party	S
10:30-11:30 am	SilverSneakers Classic*	S
6:00-7:00 pm	Yoga Sculpt	W

Thursday

6:05-6:50 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

Location Codes:

C = Cycle Studio
 D = Dayton Studio
 O = Outside
 P = Pool
 S = Selby Studio
 V = Virtual
 W = Western Studio

Friday

10:30-11:30 am	Dance Party	S
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For assistance, please email:

healthandfitness@ywcastpaul.org

Saturday

9:00-9:45 am	Yoga with Shelby	W
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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.

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.

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.