



LIVE WITH THE Y

Live streamed videos from
your local instructors!

Virtual YMCA Studio 

NEW! Interactive
Motion Vibe live stream
(Just like a Zoom class!)

EFFECTIVE JAN. 18, 2021

Monday

- 8:30am – **TBS + HIIT** with Kelsey L (45 min)
- 9:30am – **Gentle Yoga** with Jessica (60 min)
- 10:45am – **Chair Yoga** with Steph (45 min)
- 5:30pm – **Circuit Max** with Leah* (45 min)

Tuesday

- 5:00pm – **Zumba Gold** with Linda (45 min)

Wednesday

- 8:30am – **TBS + HIIT** with Kelsey L (45 min)
- 9:30am – **Simple Stretch** with Julianne (45 min)
- 5:30pm – **Circuit Max** with Leah* (45 min)

Thursday

- 10:45am – **Silver Sneakers** with Karen (45 min)

Friday

- 9:30am – **Gentle Yoga** with Jessica (60 min)

***This interactive class is live streamed through Motion Vibe.**

<https://mankatoymca.org/virtual-ymca/>

Catch replays at YMCA Mankato on YouTube! 

