

WINTER 2019 DAILY FITNESS PLANNER

updated 1/17/19

MONDAYS

MORNING

Cardio Pump Circuit
Catherine Earley
8:00-8:50 AM ECC 301

Senior Water Aerobics
Staff
9:00-10:00 AM EP Pool

Zumba Triple Fusion
Katherine McGraw
9:00-10:00 AM ECC 301

Pilates Plus
Joan Mielke Nimerfroh
9:15-10:15 AM ECC 331

Yoga for Life- Hatha
Wendy Anderson
9:30-10:55 AM ECC 318

Classic Nia
Amy Lamphere
11:00-12:00 PM ECC 301

AFTERNOON/EVENING

Body Shape 55+
Catherine Earley
12:00-1:00 PM ECC 301

Kripalu Yoga for Stress Reduction
Sue Conklin
12:00-1:00 PM ECC 318

Happy Hour Workout
Lynn Wallin
4:30-5:30 PM ECC 301

Mindful Monday Yoga
Lara Mueller
4:30-5:30 PM ECC 318

Kettlebells
Kevin Heck
6:00-7:00 PM ECC 317

Zumba
Katherine McGraw
6:00-7:00 PM ECC 301

Aqua Boot Camp
Staff
7:15-8:15 PM VV Pool

Viniyoga
Laurie Lopesio
7:15-8:30 PM ECC 318

TUESDAYS

MORNING

Decades of Dance
Katherine McGraw
9:00-10:00 AM ECC 301

Senior Water Aerobics
Staff
9:00-10:00 AM EP Pool

P90X Live
Melisa Choudhry
9:15-10:00 AM ECC 330

Pilates Barre
Joan Mielke Nimerfroh
9:15-10:15 AM ECC 331

Arthritis Aquatic Program
Kay Zuccaro
10:00-11:00 AM EP Pool

AFTERNOON/EVENING

Gentle Kripalu Yoga
Sharon Sebring
12:30-1:30 PM ECC 318

Yoga Sculpt
Anne Hussian
5:45-6:45 PM ECC 301

Yoga for Life- Hatha
Wendy Anderson
6:00-7:25 PM ECC 318

Stretch, Flex and Move- Low Impact
Kristy Zilka
6:30-7:30 PM ECC 331

Kripalu Yoga for Stress Reduction
Sue Conklin
7:40-8:40 PM ECC 318

WEDNESDAYS

MORNING

Low Impact: Short & Sweet!
Katherine McGraw
8:10-9:00 AM ECC 301

Lean Out
Katherine McGraw
9:00-10:00 AM ECC 301

AFTERNOON/EVENING

Body Shape 55+
Catherine Earley
12:00-1:00 PM ECC 301

Barre Above Express
Christy Zilka
5:15-6:00 PM ECC 331

Water Aerobics
Staff
7:15-8:15 PM VV Pool

THURSDAYS

MORNING

Core Essential
Catherine Earley
8:00-8:50 AM ECC 301

Senior Water Aerobics
Staff
9:00-10:00 AM EP Pool

Pilates Core Strength
Joan Mielke Nimerfroh
9:00-10:10 AM ECC 331

Gentle Kripalu Yoga
Summer Joy Hills-Bonczyk
9:00-10:00 AM ECC 318

Decades of Dance
Katherine McGraw
9:00-10:00 AM ECC 301

P90X Live
Melisa Choudhry
9:15-10:00 AM ECC 330

Water Stretch and Tone
Staff
10:00-11:00 AM EP Pool

Yoga for Life- Hatha
Wendy Anderson
10:35-12:00 PM ECC 318

AFTERNOON/EVENING

Tai Chi
Yang Ye
12:05-1:00 PM ECC 301

Happy Hour Workout
Lynn Wallin
4:30-5:30 PM ECC 301

Qigong
Annabelle Thelemann
6:00-7:00 PM ECC 318

Kettlebells
Kevin Heck
6:00-7:00 PM ECC 317

FRIDAYS

MORNING

Zumba
Katherine McGraw
9:00-10:00 AM ECC 301

Barre Strength
Catherine Earley
9:30-10:20 AM ECC 331

Body Shape 55+
Catherine Earley
12:00-1:00 PM ECC 301

SATURDAYS

XABeat Dance Cardio
Jessica Schmidt
8:00-9:00 AM ECC 301

Water Aerobics
Staff
9:00-10:00 AM VV Pool

Low Impact Fitness
Katherine McGraw
9:00-10:00 AM ECC 301

Saturday Morning Hatha
Wendy Anderson
9:00-10:25 AM ECC318

Beginning Ballet
Marcia Keegan
9:30-11:00 AM ECC 331

Zumba
Katherine McGraw
10:00-11:00 AM ECC 301



Edina Community Education

LOCATION KEY

ECC: Edina Community Center • 5701 Normandale Road
SV: South View Middle School • 4725 South View Lane

VV: Valley View Middle School • 6750 Valley View Road
EP: Edinborough Park • 7700 York Ave S

Register: www.edina.ce.eleyo.com
Call: 952.848.3952