Kandiyohi County Area Family YMCA

Video & Live Stream Schedule

**MONDAY:**
- 9:00 am: Group Exercise Class with Jess
- Noon: YMCA Weekly Update
- 3:00 pm: STEM/Arts & Crafts
- 5:00 pm: Group Exercise Class

**TUESDAY:**
- 9:00 am: Group Exercise Class with Jess
- Noon: Early Learning Center Story Time or Sing Along
- 3:00 pm: STEM/Arts & Crafts
- 5:00 pm: Zoom Group Exercise Class with Zach

**WEDNESDAY:**
- 9:00 am: Group Exercise Class with Jess
- Noon: YMCA Whacky Wednesday
- 3:00 pm: STEM/Arts & Crafts
- 5:00 pm: Group Exercise Class

**THURSDAY:**
- 9:00 am: Group Exercise Class with Jess
- Noon: Story Time with Sonja
- 3:00 pm: STEM/Arts & Crafts
- 5:00 pm: Zoom Group Exercise Class with Zach

**FRIDAY:**
- 9:00 am: Group Exercise Class with Jess or Zach
- Noon: Early Learning Center Story Time or Sing Along
- 3:00 pm: STEM/Arts & Crafts

**SATURDAY:**
- 10:00 am: Group Exercise Challenge with Zach