

YMCA's Diabetes Prevention Program: MAINTENANCE CLASSES

for graduates of the 16 week core program - Maintenance meets MONTHLY

YMCA LOCATION	TIME*	DAY of the Month
Bloomington Park Nicollet Clinic 5320 Hyland Greens Dr, Bloomington Coach: Rachel Knoke	9:00 AM	2nd Mondays of the month through 7/2016
Burnsville Park Nicollet Clinic 14000 Fairview Drive, Burnsville Coach: Rachel Knoke	10:00 AM	2nd Tuesdays of the month through 7/2016
Burnsville Park Nicollet Clinic 14000 Fairview Drive, Burnsville Coach: Ann Schulte	10:00 AM	4th Wednesdays of the month through 6/2016
Eagan YMCA 550 Opperman Drive, Eagan Coach: Annie DePrey	5:30 PM	4th Tuesdays of the month through 2/2016
Edina Senior Center 5280 Grandview Square #101, Edina Coach: Maggie Robbins	2:00 PM	2nd Tuesdays of the month through 6/2016
Emma B. Howe YMCA 8950 Springbrook Drive NW, Coon Rapids Coach: Bridget Borell	10:30 AM	3rd Tuesdays of the month through 4/2016
Faiview Southdale Hospital 6401 France Ave. S, Edina Coach: Deborah Dora	10:00 AM	4th Tuesdays of the month through 3/2016
Lino Lakes YMCA 7690 Village Drive, Lino Lakes Coach: Amy Krueger	1:00 PM	3rd Wednesdays of the month through 6/2016
Prince of Peace Lutheran Church 13901 Fairview Drive, Burnsville Coach: Rachel Knoke	3:00 PM	2nd Thursdays of the month through 3/2016
Ridgedale YMCA 12301 Ridgedale Drive, Minnetonka Coach: Deborah Dora	Noon	2nd Tuesdays of the month through 7/2016
Ridgedale YMCA 12301 Ridgedale Drive, Minnetonka Coach: Deborah Dora	5:00 PM	4th Tuesdays of the month through 6/2016
River Valley YMCA 3575 N. Beren Road NW, Prior Lake Coach: Melissa Pearson	10:00 AM	4th Mondays of the month through 2/2016
Shakopee Park Nicollet Clinic 1415 St. Francis Ave, Shakopee Coach: Melissa Pearson	8:00 AM	2nd Thursdays of the month through 5/2016
Shoreview YMCA 3760 Lexington Ave. N, Shoreview Coach: Amy Krueger	2:00 PM	4th Tuesdays of the month through 2/2016
St. Louis Park Park Nicollet Clinic 3850 Park Nicollet Blvd, St. Louis Park Coach: Ann Schulte	3:15 PM	4th Tuesdays of the month through 6/2016
St. Louis Park Park Nicollet Clinic 3850 Park Nicollet Blvd, St. Louis Park Coach: Michele Haaland	3:00 PM	4th Wednesdays of the month through 6/2016
Wayzata Park Nicollet Clinic 250 Central Ave N, Wayzata Coach: Leslie Philmon	4:00 PM	2nd Tuesdays of the month through 6/2016
West St. Paul YMCA 150 Thompson Ave E, West St. Paul Coach: Monica Rosales	4:00 PM	4th Mondays of the month through 3/2016

*Each class 1 hour long

SCHEDULE SUBJECT TO CHANGE