



St. Paul Downtown YMCA Group Training Schedule

Early Fall 2019 - Classes starting between September 9 and October 27

(651) 292-4143

ymcamn.org/downtownstpaul

www.facebook.com/skywayymca

BUILDING HOURS

Monday-Friday: M-Th 5:30am-10:00pm, F 5:30am-9:00pm
Saturday: 7:00am-8:00pm
Sunday: 7:00am-8:00pm

KIDS STUFF HOURS

Monday-Friday:
Saturday:
Sunday:

Classes starting **Wednesday, September 11**

Pilates Reformer Group Class - 45 min: 15+ yrs

75_FW_1339_30_091119_YHL	5:30 pm to 6:15 pm Class meets 7 times	PT Room	Jennifer	\$112 member /\$154 non-member
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Classes starting **Thursday, September 12**

Strength Training for Seniors - 45 min: 55+ yrs

75_FW_1306_40_091219_YHL	10:00 am to 10:45 am Class meets 7 times	Front Desk	Staff	\$70 member /\$84 non-member
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Classes starting **Friday, September 13**

Strength Training for Seniors - 45 min: 55+ yrs

75_FW_1306_50_091319_YHL	10:00 am to 10:45 am Class meets 7 times	Front Desk	Staff	\$70 member /\$84 non-member
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Performance Reformer - 45 min: 15+ yrs

75_FW_1231_50_091319_YHL	1:30 pm to 2:15 pm Class meets 7 times	PT Studio	Matthew	\$112 member /\$154 non-member
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Must have taken or have experience w/ Pilates Reformer at some point

Class Descriptions

Performance Reformer - 45 min

Enjoy exercises on the Pilates reformer. Class works at a fluid pace with challenging combinations—perfect for athletes and experienced reformer students. You must complete Pilates Reformer Instruction before joining this class. Contact us or visit Member Services at your local Y to register for this pre-requisite.

Pilates Reformer Group Class - 45 min

Condition your entire body with spring-resistance exercises on the Pilates reformer. This class is kind to your joints while strengthening your core, posture and muscular tone. You must complete Pilates Reformer Instruction before joining this class. Contact us or visit Member Services at your local Y to register for this pre-requisite.

Strength Training for Seniors - 45 min

Master the skills necessary to safely and effectively use the strength-training equipment at the Y. Learn about sets, reps, tempo and the proper amount of weight you should lift. Class helps you gain better balance, good posture, a high degree of energy and stronger bones.

REGISTRATION BEGINS AUGUST 13, 2019

Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.