### 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.

---

**BUILDING HOURS**

<table>
<thead>
<tr>
<th>Monday-Friday:</th>
<th>M-Th 5:30am-10:00pm, F 5:30am-9:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday:</td>
<td>7:00am-8:00pm</td>
</tr>
<tr>
<td>Sunday:</td>
<td>7:00am-8:00pm</td>
</tr>
</tbody>
</table>

**KIDS STUFF HOURS**

<table>
<thead>
<tr>
<th>Monday-Friday:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday:</td>
<td></td>
</tr>
<tr>
<td>Sunday:</td>
<td></td>
</tr>
</tbody>
</table>

---

### Classes starting Wednesday, October 30

#### Pilates Reformer Group Class - 45 min: 15+ yrs

- **Class Code:** 75_FW_1339_30_103019_YHL
- **Time:** 5:30 pm to 6:15 pm
- **Location:** PT Room
- **Instructor:** Jennifer
- **Fee:** $112 member / $154 non-member

---

### Classes starting Thursday, November 7

#### Strength Training for Seniors - 45 min: 55+ yrs

- **Class Code:** 75_FW_1306_40_110719_YHL
- **Time:** 10:00 am to 10:45 am
- **Location:** Front Desk
- **Instructor:** Cole
- **Fee:** $50 member / $60 non-member

---

### Classes starting Friday, November 1

#### Strength Training for Seniors - 45 min: 55+ yrs

- **Class Code:** 75_FW_1306_50_110119_YHL
- **Time:** 10:00 am to 10:45 am
- **Location:** Front Desk
- **Instructor:** Cole
- **Fee:** $70 member / $84 non-member

---

#### Performance Reformer - 45 min: 15+ yrs

- **Class Code:** 75_FW_1231_50_110119_YHL
- **Time:** 1:30 pm to 2:15 pm
- **Location:** PT Studio
- **Instructor:** Matthew
- **Fee:** $112 member / $154 non-member

*Must have taken or have experience w/ Pilates Reformer at some point*

---

**REGISTRATION BEGINS SEPTEMBER 24, 2019**

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