### BUILDING HOURS

<table>
<thead>
<tr>
<th>Monday-Friday</th>
<th>KIDS STUFF HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-Th 5:00am-10:00pm, F 5:00am-9:00pm</td>
<td>M-Th 9:00am-12:00pm, 4:30pm-8:00pm, F 9:00am-12:00pm</td>
</tr>
<tr>
<td>Saturday: 6:00am-8:00pm</td>
<td>Saturday: 8:30am-12:30pm</td>
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<tr>
<td>Sunday: 8:00am-7:00pm</td>
<td></td>
</tr>
</tbody>
</table>

### Classes starting Monday, October 28

**Extreme RTK - 30 min: 18+ yrs**
- [Link](#)
- Time: 7:45 am to 8:15 am
- Location: Fit Ctr
- Instructors: Daniel
- Cost: $84 member / $126 non-member
- Class meets 7 times

**TRX Suspension Trainer Intermediate - 45 min: 15+ yrs**
- [Link](#)
- Time: 9:30 am to 10:15 am
- Location: 3rd floor
- Instructors: Barbie
- Cost: $112 member / $154 non-member
- Class meets 7 times

*Please take a Beginner TRX class prior to this class*

**Pilates Reformer Group Class - 60 min: 15+ yrs**
- [Link](#)
- Time: 4:30 pm to 5:30 pm
- Location: 3rd floor
- Instructors: Linda
- Cost: $140 member / $182 non-member
- Class meets 7 times

*If this is your first Pilates Reformer class, you must meet w/ the instructor for a 60 min one-on-one personal training session prior to this class*

**TRX Suspension Trainer Beginner - 30 min: 15+ yrs**
- [Link](#)
- Time: 5:15 pm to 5:45 pm
- Location: 3rd floor
- Instructors: Barbie
- Cost: $84 member / $126 non-member
- Class meets 7 times

**Kettlebells/TRX Fusion Intermediate - 45 min: 15+ yrs**
- [Link](#)
- Time: 5:45 pm to 6:30 pm
- Location: 3rd floor
- Instructors: Barbie & Dan
- Cost: $112 member / $154 non-member
- Class meets 7 times

### Classes starting Tuesday, October 29

**Meditation - 60 min: 15+ yrs**
- [Link](#)
- Time: 9:00 am to 10:00 am
- Location: Dakota Room
- Instructors: Beth K.
- Cost: $56 member / $112 non-member
- Class meets 7 times

*This is a Beginner class, beginners only please*

**TRX Suspension Trainer Beginner - 30 min: 15+ yrs**
- [Link](#)
- Time: 9:30 am to 10:00 am
- Location: 3rd floor
- Instructors: Barbie
- Cost: $84 member / $126 non-member
- Class meets 7 times

**ForeverWell Pickleball Lessons - 60 min: 55+ yrs**
- [Link](#)
- Time: 10:00 am to 11:00 am
- Location: Gym
- Instructors: Elaine & Jim
- Cost: $70 member / $84 non-member
- Class meets 7 times

*Beginner level at this time slot*

**Topical Yoga Workshop - 60 mins: 16+ yrs**
- [Link](#)
- Time: 10:30 am to 11:30 am
- Location: Gladstone Hallway
- Instructors: Beth K.
- Cost: $70 member / $91 non-member
- Class meets 7 times

*This is a "Men's Yoga" specialty class*

**ForeverWell Pickleball Lessons - 60 min: 55+ yrs**
- [Link](#)
- Time: 11:15 am to 12:15 pm
- Location: Gym
- Instructors: Elaine & Jim
- Cost: $70 member / $84 non-member
- Class meets 7 times

*Intermediate level at this time slot*

**Kettlebells Beginner - 30 min: 15+ yrs**
- [Link](#)
- Time: 5:00 pm to 5:30 pm
- Location: 3rd floor
- Instructors: Daniel
- Cost: $84 member / $126 non-member
- Class meets 7 times

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REGISTRATION BEGINS SEPTEMBER 24, 2019

Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.
<table>
<thead>
<tr>
<th>Class</th>
<th>Duration</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Member Fee</th>
<th>Non-Member Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extreme RTK - 30 min: 18+ yrs</td>
<td>30 min</td>
<td>5:30 pm to 6:00 pm</td>
<td>fitness ctr</td>
<td>Daniel</td>
<td>$84 member</td>
<td>$126 non-member</td>
</tr>
<tr>
<td>Pilates Reformer Group Class - 60 min: 15+ yrs</td>
<td>60 min</td>
<td>6:00 pm to 7:00 pm</td>
<td>3rd floor</td>
<td>Linda</td>
<td>$140 member</td>
<td>$182 non-member</td>
</tr>
</tbody>
</table>

*If this is your first Pilates Reformer class, you must meet w/ the instructor for a 60 min one-on-one personal training session prior to this class*

<table>
<thead>
<tr>
<th>Classes starting Wednesday, October 30</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Extreme RTK - 30 min: 18+ yrs</td>
<td>30 min</td>
<td>7:45 am to 8:15 am</td>
<td>Fit Ctr</td>
<td>Courtney</td>
<td>$84 member</td>
<td>$126 non-member</td>
</tr>
<tr>
<td>Pilates Reformer Group Class - 60 min: 15+ yrs</td>
<td>60 min</td>
<td>7:45 am to 8:45 am</td>
<td>3rd floor</td>
<td>Linda</td>
<td>$140 member</td>
<td>$182 non-member</td>
</tr>
</tbody>
</table>

*If this is your first Pilates Reformer class, you must meet w/ the instructor for a 60 min one-on-one personal training session prior to this class*

| Meditation - 60 min: 15+ yrs              | 60 min        | 10:30 am to 11:30 am | Dakota Room | Beth K.     | $56 member | $112 non-member |

*This is an Intermediate class*

| Strength Training for Seniors - 45 min: 55+ yrs | 45 min        | 10:45 am to 11:30 am | Fit Ctr     | Linda       | $70 member | $84 non-member |

*Meet in the fitness center on 1st floor*

| Circuit Works - 45 min: 18+ yrs           | 45 min        | 4:00 pm to 4:45 pm | 3rd floor   | Barbie      | $112 member | $154 non-member |
| Kettlebells/TRX Fusion Intermediate - 45 min: 15+ yrs | 45 min        | 5:00 pm to 5:45 pm | 3rd floor   | Barbie & Dan | $112 member | $154 non-member |
| Kettlebells Intermediate - 45 min: 15+ yrs | 45 min        | 5:45 pm to 6:30 pm | TBD         | Linda       | $112 member | $154 non-member |
| TRX Suspension Trainer Advanced - 45 min: 15+ yrs | 45 min        | 6:00 pm to 6:45 pm | 3rd floor   | Barbie      | $112 member | $154 non-member |

*Please take a Beginner/Intermediate TRX class prior to this class*

| Pilates Reformer Group Class - 60 min: 15+ yrs | 60 min        | 7:45 pm to 8:45 pm | 3rd floor   | Linda       | $140 member | $182 non-member |

*If this is your first Pilates Reformer class, you must meet w/ the instructor for a 60 min one-on-one personal training session prior to this class*

<table>
<thead>
<tr>
<th>Classes starting Thursday, November 7</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Pilates Reformer Group Class - 60 min: 15+ yrs</td>
<td>60 min</td>
<td>8:00 am to 9:00 am</td>
<td>3rd floor</td>
<td>Linda</td>
<td>$100 member</td>
<td>$130 non-member</td>
</tr>
</tbody>
</table>

*If this is your first Pilates Reformer class, you must meet w/ the instructor for a 60 min one-on-one personal training session prior to this class*

| Restorative Yoga - 60 min: 18+ yrs         | 60 min        | 12:45 pm to 1:45 pm | Studio A    | Beth K.     | $75 member | $105 non-member |
| TRX Suspension Trainer Advanced - 45 min: 15+ yrs | 45 min        | 5:00 pm to 5:45 pm | 3rd floor   | Barbie      | $80 member | $110 non-member |

*Please take an Beginner/Intermediate TRX class prior to this class*
Kettlebells Beginner - 30 min: 15+ yrs
87_FW_1327_40_110719_YHL
5:15 pm to 5:45 pm
3rd floor
Daniel
$60 member / $90 non-member
Class meets 5 times

Pilates Reformer Group Class - 60 min: 15+ yrs
87_FW_1326_41_110719_YHL
6:00 pm to 7:00 pm
3rd floor
Linda
$100 member / $130 non-member
Class meets 5 times

If this is your first Pilates Reformer class, you must meet w/ the instructor for a one-on-one personal training session prior to the class.

Strength Training for Seniors - 45 min: 55+ yrs
87_FW_1306_50_110119_YHL
9:00 am to 9:45 am
3rd floor
Daniel
$70 member / $84 non-member
Class meets 7 times

Meet in the 1st floor fitness center

Class Descriptions

Circuit Works - 45 min
Condition your whole body with this electrifying workout designed to build strength and muscular endurance. A variety of circuits prevent boredom and engage all major muscle groups. All fitness levels are welcome-class lets you work at the pace and intensity you choose.

Extreme RTK - 30 min
Get a dynamic workout as you move from rope, TRX suspension trainer and kettlebell stations. Results won't take long to see!

ForeverWell Pickleball Lessons - 60 min
Learn how to play pickleball, and the basic skills required for this game that's part tennis, part badminton.

Kettlebells Beginner - 30 min
A kettlebell is a traditional Russian cast-iron weight that looks like a cannonball with a handle. Using these weights, you are guided through a variety of movements designed to develop strength, mobility, energy and vitality. It's a challenging, dynamic and effective workout.

Kettlebells Intermediate - 45 min
If you already know beginning moves with kettlebells—like arm swings, squats, twists and lunges, this class cranks things up a notch with more movements to build strength, mobility, energy and vitality. It's a challenging, dynamic and effective workout.

Kettlebells/TRX Fusion Intermediate - 45 min
If you already know beginning kettlebells and TRX moves, this total-body class pumps up the power. Since it's a highly effective workout, it's perfect if you're on the fast track to reach your health and fitness goals.

Meditation - 60 min
Learn mindfulness techniques through group led guided meditation. Find more balance and calm in your life by adding a meditation practice to your wellbeing routine.

Pilates Reformer Group Class - 60 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.

Restorative Yoga - 60 min
Hold passive yoga poses for long periods of time to promote soothing and healing. Yoga poses are done laying on or over blankets to make for a very relaxing, comfortable practice where the body and mind are able to surrender.

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.

Topical Yoga Workshop - 60 mins
Dive deeper into your yoga practice with topics the class chooses. This class is customized to help you create a successful and effective yoga practice.

Registration begins September 24, 2019
<table>
<thead>
<tr>
<th>Class Type</th>
<th>Duration</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRX Suspension Trainer Advanced - 45 min</td>
<td></td>
<td>If you already know beginning and intermediate TRX moves, this total-body class is the ultimate challenge. Since it's a highly effective workout, it's perfect if you're on the fast track to reach your health and fitness goals.</td>
</tr>
<tr>
<td>TRX Suspension Trainer Beginner - 30 min</td>
<td></td>
<td>A TRX suspension trainer is a tool made of straps that uses your body weight to build strength, balance, flexibility and stability. All exercises in class create an element of instability that calls on your core muscles to work hard.</td>
</tr>
<tr>
<td>TRX Suspension Trainer Intermediate - 45 min</td>
<td></td>
<td>If you already know beginning TRX moves, this total-body class takes toning your upper body, lower body and core to the next level, using your bodyweight.</td>
</tr>
</tbody>
</table>