## Group Training Schedule

**Late Spring 2020 - Classes starting between April 20 and June 7**

<table>
<thead>
<tr>
<th>BUILDING HOURS</th>
<th>KIDS STUFF HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday-Friday:</strong></td>
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</tr>
<tr>
<td>Mon-Thurs 5 AM-10 PM, Fri 5 AM-9 PM</td>
<td>M-Th 8 AM-1:30 PM &amp; 3:30-8:30 PM, F 8 AM-1:30 PM &amp; 3:30-7 PM</td>
</tr>
<tr>
<td>Saturday:</td>
<td>6 AM-8 PM</td>
</tr>
<tr>
<td>Sunday:</td>
<td>6 AM-8 PM</td>
</tr>
</tbody>
</table>

### Classes starting Monday, April 20

**Circuit Works - 30 min: 18+ yrs**

- 32_FW_1219_10_042020_YHL
- 6:00 am to 6:30 am
- Class meets 6 times
- Fitness Center
- Nick Olsen
- $72 member / $108 non-member

**Circuit Works - 60 min: 18+ yrs**

- 32_FW_1186_10_042020_YHL
- 9:30 am to 10:30 am
- Class meets 6 times
- Fitness Center
- Megan Eichten
- $120 member / $156 non-member

**Pilates Reformer Group Class - 60 min: 15+ yrs**

- 32_FW_1326_10_042020_YHL
- 9:30 am to 10:30 am
- Class meets 6 times
- Fitness Center
- Gail Jefferson
- $120 member / $156 non-member

**Knockout - 30 min (1x/week): 15+ yrs**

- 32_FW_1180_10_042020_YHL
- 10:30 am to 11:00 am
- Class meets 6 times
- Studio 1
- Nick Olsen
- $72 member / $108 non-member

**Pilates Reformer Group Class - 60 min: 15+ yrs**

- 32_FW_1326_11_042020_YHL
- 10:30 am to 11:30 am
- Class meets 6 times
- Fitness Center
- Gillian Hughes
- $120 member / $156 non-member

**Circuit Works - 30 min: 18+ yrs**

- 32_FW_1219_11_042020_YHL
- 11:00 am to 11:30 am
- Class meets 6 times
- Fitness Center
- Nick Olsen
- $72 member / $108 non-member

**Pilates Reformer Group Class - 60 min: 15+ yrs**

- 32_FW_1326_12_042020_YHL
- 1:00 pm to 2:00 pm
- Class meets 6 times
- Fitness Center
- Gail Jefferson
- $120 member / $156 non-member

**Pilates Reformer Group Class - 60 min: 15+ yrs**

- 32_FW_1326_13_042020_YHL
- 2:00 pm to 3:00 pm
- Class meets 6 times
- Fitness Center
- Gail Jefferson
- $120 member / $156 non-member

**Pilates Reformer Group Class - 60 min: 15+ yrs**

- 32_FW_1326_14_042020_YHL
- 4:30 pm to 5:30 pm
- Class meets 6 times
- Fitness Center
- Megan Eichten
- $120 member / $156 non-member

**Pilates Reformer Group Class - 60 min: 15+ yrs**

- 32_FW_1326_15_042020_YHL
- 6:00 pm to 7:00 pm
- Class meets 6 times
- Fitness Center
- Megan Eichten
- $120 member / $156 non-member

**Pilates Reformer Group Class - 60 min: 15+ yrs**

- 32_FW_1326_16_042020_YHL
- 7:00 pm to 8:00 pm
- Class meets 6 times
- Fitness Center
- Megan Eichten
- $120 member / $156 non-member

**Pilates Reformer Group Class - 60 min: 15+ yrs**

- 32_FW_1326_17_042020_YHL
- 8:00 pm to 9:00 pm
- Class meets 6 times
- Fitness Center
- Gillian Hughes
- $120 member / $156 non-member

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**REGISTRATION BEGINS MARCH 17, 2020**

*Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.*
<table>
<thead>
<tr>
<th>Class Name</th>
<th>Duration</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Price Member</th>
<th>Price Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates Reformer Group Class - 60 min: 15+ yrs</td>
<td>60 min</td>
<td>5:00 am to 6:00 am</td>
<td>Fitness Center</td>
<td>Michelle Miller</td>
<td>$140</td>
<td>$182</td>
</tr>
<tr>
<td>Pilates Reformer Group Class - 60 min: 15+ yrs</td>
<td>60 min</td>
<td>6:00 am to 7:00 am</td>
<td>Fitness Center</td>
<td>Gail Jefferson</td>
<td>$140</td>
<td>$182</td>
</tr>
<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>Fitness Center</td>
<td>Michelle Miller</td>
<td>$140</td>
<td>$182</td>
</tr>
<tr>
<td>Kettlebells Beginner - 45 min: 15+ yrs</td>
<td>45 min</td>
<td>9:30 am to 10:15 am</td>
<td>Fitness Center</td>
<td>Megan Eichten</td>
<td>$112</td>
<td>$154</td>
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<td>Fitness Center</td>
<td>Sarah Snyder</td>
<td>$140</td>
<td>$182</td>
</tr>
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<td>Pilates Reformer Group Class - 60 min: 15+ yrs</td>
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<td>11:00 am to 12:00 pm</td>
<td>Fitness Center</td>
<td>Gail Jefferson</td>
<td>$140</td>
<td>$182</td>
</tr>
<tr>
<td>Extreme RTK - 45 min: 18+ yrs</td>
<td>45 min</td>
<td>6:00 pm to 6:45 pm</td>
<td>Fitness Center</td>
<td>Rick Jensen</td>
<td>$112</td>
<td>$154</td>
</tr>
<tr>
<td>Knockout - 30 min (1x/week): 15+ yrs</td>
<td>30 min</td>
<td>6:00 pm to 6:30 pm</td>
<td>Fitness Center</td>
<td>Nick Olsen</td>
<td>$84</td>
<td>$126</td>
</tr>
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<td>Pilates Reformer Group Class - 60 min: 15+ yrs</td>
<td>60 min</td>
<td>6:00 pm to 7:00 pm</td>
<td>Fitness Center</td>
<td>Sara Squiers</td>
<td>$140</td>
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<td>Pilates Reformer Group Class - 60 min: 15+ yrs</td>
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<td>9:00 am to 9:45 am</td>
<td>Fitness Center</td>
<td>Jenn Thomas</td>
<td>$112</td>
<td>$154</td>
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REGISTRATION BEGINS MARCH 17, 2020

Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.
### Pilates Reformer Group Class - 60 min: 15+ yrs
9:00 am to 10:00 am  
Class meets 7 times  
Fitness Center  
Megan Eichten  
$140 member /$182 non-member

### Pilates Reformer Group Class - 60 min: 15+ yrs
10:00 am to 11:00 am  
Class meets 7 times  
Fitness Center  
Megan Eichten  
$140 member /$182 non-member

### Circuit Works - 60 min: 18+ yrs
11:00 am to 12:00 pm  
Class meets 7 times  
Fitness Center  
Megan Eichten  
$140 member /$182 non-member

### Pilates Reformer Group Class - 45 min: 15+ yrs
5:15 pm to 6:00 pm  
Class meets 7 times  
Fitness Center  
Sara Squiers  
$112 member /$154 non-member

### Pilates Reformer Group Class - 60 min: 15+ yrs
6:00 pm to 7:00 pm  
Class meets 7 times  
Fitness Center  
Sara Squiers  
$140 member /$182 non-member

### Circuit Works - 45 min: 15+ yrs
5:00 am to 6:00 am  
Class meets 7 times  
Fitness Center  
Michelle Miller  
$140 member /$182 non-member

### Pilates Reformer Group Class - 60 min: 15+ yrs
8:00 am to 9:00 am  
Class meets 7 times  
Fitness Center  
Michelle Miller  
$140 member /$182 non-member

### Pilates Reformer Group Class - 60 min: 15+ yrs
9:00 am to 10:00 am  
Class meets 7 times  
Fitness Center  
Michelle Miller  
$140 member /$182 non-member

### Circuit Works - 45 min: 15+ yrs
9:30 am to 10:15 am  
Class meets 7 times  
Fitness Center  
Sarah Snyder  
$112 member /$154 non-member

### Knockout - 30 min (1x/week): 15+ yrs
10:30 am to 11:00 am  
Class meets 7 times  
Studio 1  
Nick Olsen  
$84 member /$126 non-member

### Classes starting Saturday, April 25

### Pilates Reformer Group Class - 60 min: 15+ yrs
7:30 am to 8:30 am  
Class meets 7 times  
Fitness Center  
Sara Squiers  
$140 member /$182 non-member

### Pilates Reformer Group Class - 60 min: 15+ yrs
8:30 am to 9:30 am  
Class meets 7 times  
Fitness Center  
Sara Squiers  
$140 member /$182 non-member

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**Class Descriptions**

**Circuit Works - 30 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.

**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.

**Circuit Works - 60 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 - 45 min**  
Get a dynamic workout as you move from rope, TRX suspension trainer and kettlebell stations. Results won't take long to see!
<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kettlebells Beginner – 45 min</td>
<td>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.</td>
</tr>
<tr>
<td>Kettlebells/TRX Fusion Advanced – 45 min</td>
<td>If you already know beginning and intermediate kettlebells and 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>Knockout – 30 min (1x/week)</td>
<td>With this circuit style format, you put boxing gloves on and use bodyweight exercises for a great cardio and strength workout. Class starts with a dynamic warm up that includes range-of-motion exercises; next you move into three rounds of bodyweight circuit training stations. This class meets once a week.</td>
</tr>
<tr>
<td>Pilates Reformer Group Class – 45 min</td>
<td>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.</td>
</tr>
<tr>
<td>Pilates Reformer Group Class – 60 min</td>
<td>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.</td>
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