### 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 8:00am-8:30pm, F 8:00am-7:00pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Saturday</th>
<th></th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00am-8:00pm</td>
<td></td>
<td>6:00am-8:00pm</td>
</tr>
</tbody>
</table>

### Kids Stuff Hours

#### Monday, October 28

- **Barre – 45 min: 15+ yrs**
  - 32_FW_1182_10_102819_YHL
  - 5:15 am to 6:00 am
  - Class meets 7 times
  - Fitness Center
  - Michelle Miller
  - $112 member / $154 non-member

- **Circuit Works – 60 min: 18+ yrs**
  - 32_FW_1186_10_102819_YHL
  - 9:30 am to 10:30 am
  - Class meets 7 times
  - Fitness Center
  - Nicole Hubmer
  - $140 member / $182 non-member

- **Pilates Reformer Group Class – 60 min: 15+ yrs**
  - 32_FW_1326_10_102819_YHL
  - 1:00 pm to 2:00 pm
  - Class meets 7 times
  - Fitness Center
  - Gail Jefferson
  - $140 member / $182 non-member

- **Pilates Reformer Group Class – 60 min: 15+ yrs**
  - 32_FW_1326_11_102819_YHL
  - 2:00 pm to 3:00 pm
  - Class meets 7 times
  - Fitness Center
  - Gail Jefferson
  - $140 member / $182 non-member

- **Pilates Reformer Group Class – 60 min: 15+ yrs**
  - 32_FW_1326_12_102819_YHL
  - 4:30 pm to 5:30 pm
  - Class meets 7 times
  - Fitness Center
  - Nicole Hubmer
  - $140 member / $182 non-member

- **Martial Arts Fusion – 60 min: 15+ yrs**
  - 32_FW_1237_10_102819_YHL
  - 5:15 pm to 6:15 pm
  - Class meets 7 times
  - Studio 1
  - Nathan Pham
  - $140 member / $182 non-member

- **Pilates Reformer Group Class – 60 min: 15+ yrs**
  - 32_FW_1326_13_102819_YHL
  - 6:00 pm to 7:00 pm
  - Class meets 7 times
  - Fitness Center
  - Nicole Hubmer
  - $140 member / $182 non-member

- **Pilates Reformer Group Class – 60 min: 15+ yrs**
  - 32_FW_1326_14_102819_YHL
  - 7:00 pm to 8:00 pm
  - Class meets 7 times
  - Fitness Center
  - Nicole Hubmer
  - $140 member / $182 non-member

#### Tuesday, October 29

- **Pilates Reformer Group Class – 60 min: 15+ yrs**
  - 32_FW_1326_20_102919_YHL
  - 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**
  - 32_FW_1326_21_102919_YHL
  - 6:00 am to 7:00 am
  - Class meets 7 times
  - Fitness Center
  - Gail Jefferson
  - $140 member / $182 non-member

- **Pilates Reformer Group Class – 60 min: 15+ yrs**
  - 32_FW_1326_22_102919_YHL
  - 8:00 am to 9:00 am
  - Class meets 7 times
  - Fitness Center
  - Michelle Miller
  - $140 member / $182 non-member

- **Kettlebells/TRX Fusion Advanced – 45 min: 15+ yrs**
  - 32_FW_1323_20_102919_YHL
  - 9:30 am to 10:15 am
  - Class meets 7 times
  - Fitness Center
  - Nicole Hubmer
  - $112 member / $154 non-member

- **Pilates Reformer Group Class – 60 min: 15+ yrs**
  - 32_FW_1326_23_102919_YHL
  - 10:30 am to 11:30 am
  - Class meets 7 times
  - Fitness Center
  - Nicole Hubmer
  - $140 member / $182 non-member

---

**REGISTRATION BEGINS SEPTEMBER 24, 2019**

Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.
### Classes starting Wednesday, October 30

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Member Cost</th>
<th>Non-Member Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates Reformer Group Class – 60 min: 15+ yrs</td>
<td></td>
<td>5:00 am to 6:00 am</td>
<td>Michelle Miller</td>
<td>Fitness Center</td>
<td>$140 member</td>
<td>$182 non-member</td>
</tr>
<tr>
<td>Pilates Reformer Group Class – 60 min: 15+ yrs</td>
<td></td>
<td>7:30 am to 8:30 am</td>
<td>Nicole Hubmer</td>
<td>Fitness Center</td>
<td>$140 member</td>
<td>$182 non-member</td>
</tr>
<tr>
<td>Barre – 45 min: 15+ yrs</td>
<td></td>
<td>8:00 am to 8:45 am</td>
<td>Michelle Miller</td>
<td>Fitness Center</td>
<td>$112 member</td>
<td>$154 non-member</td>
</tr>
<tr>
<td>Pilates Reformer Group Class – 60 min: 15+ yrs</td>
<td></td>
<td>9:30 am to 10:30 am</td>
<td>Michelle Miller</td>
<td>Fitness Center</td>
<td>$140 member</td>
<td>$182 non-member</td>
</tr>
<tr>
<td>Pilates Reformer Group Class – 60 min: 15+ yrs</td>
<td></td>
<td>11:00 am to 12:00 pm</td>
<td>Gail Jefferson</td>
<td>Fitness Center</td>
<td>$140 member</td>
<td>$182 non-member</td>
</tr>
<tr>
<td>Martial Arts Fusion – 60 min: 15+ yrs</td>
<td></td>
<td>5:20 pm to 6:20 pm</td>
<td></td>
<td></td>
<td>$140 member</td>
<td>$182 non-member</td>
</tr>
<tr>
<td>Pilates Reformer Group Class – 60 min: 15+ yrs</td>
<td></td>
<td>6:00 pm to 7:00 pm</td>
<td>Sara Squiers</td>
<td>Fitness Center</td>
<td>$140 member</td>
<td>$182 non-member</td>
</tr>
<tr>
<td>Pilates Reformer Group Class – 60 min: 15+ yrs</td>
<td></td>
<td>7:30 pm to 8:30 pm</td>
<td>Sara Squiers</td>
<td>Fitness Center</td>
<td>$140 member</td>
<td>$182 non-member</td>
</tr>
</tbody>
</table>

### Classes starting Thursday, November 7

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Member Cost</th>
<th>Non-Member Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates Reformer Group Class – 60 min: 15+ yrs</td>
<td></td>
<td>5:00 am to 6:00 am</td>
<td></td>
<td>Fitness Center</td>
<td>$100 member</td>
<td>$130 non-member</td>
</tr>
<tr>
<td>Kettlebells Intermediate – 45 min: 15+ yrs</td>
<td></td>
<td>6:00 am to 6:45 am</td>
<td>Jenn Thomas</td>
<td>Fitness Center</td>
<td>$80 member</td>
<td>$110 non-member</td>
</tr>
<tr>
<td>Tread and Shed – 60 min: 15+ yrs</td>
<td></td>
<td>7:00 am to 8:00 am</td>
<td>Jenn Thomas</td>
<td>Fitness Center</td>
<td>$80 member</td>
<td>$110 non-member</td>
</tr>
<tr>
<td>Pilates Reformer Group Class – 60 min: 15+ yrs</td>
<td></td>
<td>9:00 am to 10:00 am</td>
<td>Nicole Hubmer</td>
<td>Fitness Center</td>
<td>$100 member</td>
<td>$130 non-member</td>
</tr>
<tr>
<td>Pilates Reformer Group Class – 60 min: 15+ yrs</td>
<td></td>
<td>10:00 am to 11:00 am</td>
<td>Nicole Hubmer</td>
<td>Fitness Center</td>
<td>$100 member</td>
<td>$130 non-member</td>
</tr>
<tr>
<td>Circuit Works – 60 min: 18+ yrs</td>
<td></td>
<td>11:00 am to 12:00 pm</td>
<td>Nicole Hubmer</td>
<td>Fitness Center</td>
<td>$100 member</td>
<td>$130 non-member</td>
</tr>
</tbody>
</table>

**REGISTRATION BEGINS SEPTEMBER 24, 2019**

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
32_FW_1326_60_110719_YHL
6:00 pm to 7:00 pm
Class meets 5 times
Fitness Center
Sara Squiers
$100 member / $130 non-member

Knockout – 30 min (1x/week): 15+ yrs
32_FW_1180_40_110719_YHL
6:30 pm to 7:00 pm
Class meets 5 times
Studio 1
Nick Olsen
$60 member / $90 non-member

Class Descriptions

Barre – 45 min
A unique blend of yoga, Pilates, and strength training, this class is centered around traditional ballet barre drills. Find your strength and achieve amazing results!

Barre – 60 min
A unique blend of yoga, Pilates, and strength training, this class is centered around traditional ballet barre drills. Find your strength and achieve amazing results!

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.

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 Advanced – 45 min
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.

Knockout – 30 min (1x/week)
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.

Martial Arts Fusion – 60 min
Learn the traditional Korean martial art of Kuk Sool Won, including the basics of self defense, striking, traditional forms and falling techniques. Come join this safe, friendly environment for all skill levels.

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>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates Reformer Group Class</td>
<td>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</td>
<td>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>
</tr>
<tr>
<td>Tread and Shed – 60 min</td>
<td></td>
<td>High-intensity training is the most proven way to bust through plateaus and ruts. Class includes exciting treadmill drills interchanged with dynamic strength circuits. If you’re at a point you’re ready to put the work in to get the changes you want, this is the class for you.</td>
</tr>
</tbody>
</table>

REGISTRATION BEGINS SEPTEMBER 24, 2019

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