



Andover YMCA Group Training Schedule

Late Fall 2019 - Classes starting between October 28 and December 31

(763) 230-9622

ymcamn.org/andover

www.facebook.com/AndoverYMCACC

BUILDING HOURS		KIDS STUFF HOURS	
Monday-Friday:	M-Th 5:00am-10:00pm, F 5:00am-9:00pm	Monday-Friday:	M-Th 8:00am-8:30pm, F 8:00am-7:00pm
Saturday:	6:00am-8:00pm	Saturday:	8:00am-4:00pm
Sunday:	6:00am-8:00pm	Sunday:	9:00am-7:00pm

Classes starting 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

Classes starting 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

Page 1 of 4

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

Barre - 45 min: 15+ yrs			\$112 member /\$154 non-member
32_FW_1182_20_102919_YHL	4:30 pm to 5:15 pm Class meets 7 times	Fitness Center	Michelle Miller

Knockout - 30 min (1x/week): 15+ yrs			\$84 member /\$126 non-member
32_FW_1180_20_102919_YHL	6:30 pm to 7:00 pm Class meets 7 times	Studio 1	Nick Olsen

Classes starting **Wednesday, October 30**

Pilates Reformer Group Class - 60 min: 15+ yrs			\$140 member /\$182 non-member
32_FW_1326_30_103019_YHL	5:00 am to 6:00 am Class meets 7 times	Fitness Center	Michelle Miller

Pilates Reformer Group Class - 60 min: 15+ yrs			\$140 member /\$182 non-member
32_FW_1326_31_103019_YHL	7:30 am to 8:30 am Class meets 7 times	Fitness Center	Nicole Hubmer

Barre - 45 min: 15+ yrs			\$112 member /\$154 non-member
32_FW_1182_30_103019_YHL	8:00 am to 8:45 am Class meets 7 times	Fitness Center	Michelle Miller

Pilates Reformer Group Class - 60 min: 15+ yrs			\$140 member /\$182 non-member
32_FW_1326_32_103019_YHL	9:30 am to 10:30 am Class meets 7 times	Fitness Center	Michelle Miller

Pilates Reformer Group Class - 60 min: 15+ yrs			\$140 member /\$182 non-member
32_FW_1326_33_103019_YHL	11:00 am to 12:00 pm Class meets 7 times	Fitness Center	Gail Jefferson

Martial Arts Fusion - 60 min: 15+ yrs			\$140 member /\$182 non-member
32_FW_1237_30_103019_YHL	5:20 pm to 6:20 pm Class meets 7 times		

Pilates Reformer Group Class - 60 min: 15+ yrs			\$140 member /\$182 non-member
32_FW_1326_34_103019_YHL	6:00 pm to 7:00 pm Class meets 7 times	Fitness Center	Sara Squiers

Pilates Reformer Group Class - 60 min: 15+ yrs			\$140 member /\$182 non-member
32_FW_1326_35_103019_YHL	7:30 pm to 8:30 pm Class meets 7 times	Fitness Center	Sara Squiers

Classes starting **Thursday, November 7**

Kettlebells Intermediate - 45 min: 15+ yrs			\$80 member /\$110 non-member
32_FW_1331_40_110719_YHL	6:00 am to 6:45 am Class meets 5 times	Fitness Center	Jenn Thomas

Tread and Shed - 60 min: 15+ yrs			\$80 member /\$110 non-member
32_FW_1189_40_110719_YHL	7:00 am to 8:00 am Class meets 5 times	Fitness Center	Jenn Thomas

Pilates Reformer Group Class - 60 min: 15+ yrs			\$100 member /\$130 non-member
32_FW_1326_40_110719_YHL	9:00 am to 10:00 am Class meets 5 times	Fitness Center	Nicole Hubmer

Pilates Reformer Group Class - 60 min: 15+ yrs			\$100 member /\$130 non-member
32_FW_1326_41_110719_YHL	10:00 am to 11:00 am Class meets 5 times	Fitness Center	Nicole Hubmer

Circuit Works - 60 min: 18+ yrs			\$100 member /\$130 non-member
32_FW_1186_40_110719_YHL	11:00 am to 12:00 pm Class meets 5 times	Fitness Center	Nicole Hubmer

Pilates Reformer Group Class - 45 min: 15+ yrs			\$80 member /\$110 non-member
32_FW_1339_40_110719_YHL	5:15 pm to 6:00 pm Class meets 5 times	Fitness Center	Sara Squiers

Pilates Reformer Group Class - 60 min: 15+ yrs 32_FW_1326_42_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
--	---	----------	------------	------------------------------

Classes starting Friday, November 1

Pilates Reformer Group Class - 60 min: 15+ yrs 32_FW_1326_50_110119_YHL	8:00 am to 9:00 am Class meets 7 times	Fitness Center	Michelle Miller	\$140 member /\$182 non-member
--	---	----------------	-----------------	--------------------------------

Barre - 60 min: 15+ yrs 32_FW_1181_50_110119_YHL	9:00 am to 10:00 am Class meets 7 times	Fitness Center	Michelle Miller	\$140 member /\$182 non-member
---	--	----------------	-----------------	--------------------------------

Kettlebells Intermediate - 45 min: 15+ yrs 32_FW_1331_50_110119_YHL	10:00 am to 10:45 am Class meets 7 times	Fitness Center	Jenn Thomas	\$112 member /\$154 non-member
--	---	----------------	-------------	--------------------------------

Classes starting Saturday, November 2

Pilates Reformer Group Class - 60 min: 15+ yrs 32_FW_1326_60_110219_YHL	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 32_FW_1326_61_110219_YHL	8:30 am to 9:30 am Class meets 7 times	Fitness Center	Sara Squiers	\$140 member /\$182 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.
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.

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.

Tread and Shed - 60 min

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.