## Blaisdell YMCA
### Group Training Schedule

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

(612) 827-5401  
ymcamn.org/blaisdell  
www.facebook.com/BlaisdellYMCA

<table>
<thead>
<tr>
<th>BUILDING HOURS</th>
<th>KIDS STUFF HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday-Friday:</strong></td>
<td><strong>Monday-Friday:</strong></td>
</tr>
<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>
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<tr>
<td><strong>Saturday:</strong></td>
<td><strong>Saturday:</strong></td>
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<tr>
<td>6:00am-8:00pm</td>
<td>8:00am-1:30pm</td>
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<tr>
<td><strong>Sunday:</strong></td>
<td><strong>Sunday:</strong></td>
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<tr>
<td>6:00am-8:00pm</td>
<td>9:30am-3:30pm</td>
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</tbody>
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### Classes starting **Monday, October 28**

- **Strength Training for Seniors - 45 min: 55+ yrs**
  - 14_FW_1306_10_102819_YHL
  - 7:00 am to 7:45 am
  - Studio C
  - Keith
  - $70 member / $84 non-member

- **WAVE Yoga - 45 min: 14+ yrs**
  - 14_FW_1358_10_102819_YHL
  - 9:30 am to 10:15 am
  - Pool
  - Lisa
  - $112 member / $154 non-member

- **Restorative Yoga 75 Min: 15+ yrs**
  - 14_FW_1202_10_102819_YHL
  - 12:45 pm to 2:00 pm
  - Studio D
  - Jennifer
  - $133 member / $189 non-member

### Classes starting **Tuesday, October 29**

- **Performance Reformer - 60 min: 15+ yrs**
  - 14_FW_1232_20_102919_YHL
  - 9:15 am to 10:15 am
  - Studio D
  - Lisa
  - Advanced Students Only; Permission Required
  - $140 member / $182 non-member

- **Restorative Yoga 75 Min: 15+ yrs**
  - 14_FW_1202_20_102919_YHL
  - 10:30 am to 11:45 am
  - Studio D
  - Lisa
  - $133 member / $189 non-member

- **Pilates Reformer Group Class - 60 min: 15+ yrs**
  - 14_FW_1326_10_102919_YHL
  - 6:00 pm to 7:00 pm
  - Studio D
  - Lisa
  - $140 member / $182 non-member

### Classes starting **Wednesday, October 30**

- **Performance Reformer - 60 min: 15+ yrs**
  - 14_FW_1232_30_103019_YHL
  - 11:15 am to 12:15 pm
  - Studio D
  - Lisa
  - Advanced Students Only; Permission Required
  - $140 member / $182 non-member

- **Pilates Reformer Group Class - 60 min: 15+ yrs**
  - 14_FW_1326_30_103019_YHL
  - 12:30 pm to 1:30 pm
  - Studio D
  - Lisa
  - Private session required first if no previous experience
  - $140 member / $182 non-member

- **Pilates Reformer Group Class - 60 min: 15+ yrs**
  - 14_FW_1326_31_103019_YHL
  - 1:45 pm to 2:45 pm
  - Studio D
  - Lisa
  - Private session required first if no previous experience
  - $140 member / $182 non-member

- **Women on Weights - 60 min: 18+ yrs**
  - 14_FW_1303_30_103019_YHL
  - 7:00 pm to 8:00 pm
  - Fitness Floor
  - Nick
  - $140 member / $182 non-member

### Classes starting **Thursday, October 31**

- **Performance Reformer - 60 min: 15+ yrs**
  - 14_FW_1232_40_103119_YHL
  - 8:45 am to 9:45 am
  - Studio D
  - Lisa
  - Advanced Students Only; Permission Required - No class on Thanksgiving
  - $120 member / $156 non-member

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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.
### TRX Suspension Trainer Beginner - 45 min: 15+ yrs

<table>
<thead>
<tr>
<th>ID</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>14_FW_1308_40_103119_YHL</td>
<td>5:15 pm to 6:00 pm</td>
<td>Studio C</td>
<td>Ramona</td>
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$96 member / $132 non-member

No Class on Thanksgiving

### Women on Weights - 60 min: 18+ yrs

<table>
<thead>
<tr>
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<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>14_FW_1303_40_103119_YHL</td>
<td>7:30 pm to 8:30 pm</td>
<td>Fitness Floor</td>
<td>Nick</td>
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$120 member / $156 non-member

No Class on Thanksgiving

### Classes starting Friday, November 1

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

<table>
<thead>
<tr>
<th>ID</th>
<th>Time</th>
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<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>14_FW_1306_50_110119_YHL</td>
<td>7:00 am to 7:45 am</td>
<td>Studio C</td>
<td>Keith</td>
</tr>
</tbody>
</table>

$70 member / $84 non-member

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

<table>
<thead>
<tr>
<th>ID</th>
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<tr>
<td>14_FW_1326_50_110119_YHL</td>
<td>10:45 am to 11:45 am</td>
<td>Studio D</td>
<td>Jenn</td>
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$140 member / $182 non-member

Private session required first if no previous experience

**Power Hour: 18+ yrs**

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<tr>
<td>14_FW_1218_50_110119_YHL</td>
<td>6:00 pm to 7:00 pm</td>
<td>Fitness Floor</td>
<td>Nick</td>
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</table>

$140 member / $210 non-member

**Power Hour: 18+ yrs**

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<tr>
<td>14_FW_1218_51_110119_YHL</td>
<td>7:00 pm to 8:00 pm</td>
<td>Fitness Floor</td>
<td>Nick</td>
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$140 member / $210 non-member

### Classes starting Sunday, November 3

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

<table>
<thead>
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<th>ID</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>14_FW_1306_70_110319_YHL</td>
<td>6:30 am to 7:15 am</td>
<td>Studio C</td>
<td>Keith</td>
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</table>

$70 member / $84 non-member

### Class Descriptions

**Performance Reformer – 60 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 – 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.

**Power Hour**

A drop in 60 minute total body functional strength training class using a variety of equipment.

**Restorative Yoga 75 Min**

Uses a combination of passive and supported poses to allow the body to relax, rejuvenate and heal.

**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.

**TRX Suspension Trainer Beginner – 45 min**

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.

**WAVE Yoga – 45 min**

Work out on stand-up paddleboards specially designed for the pool. Experience yoga sequences and other dynamic exercises on the board while demonstrating balance, coordination and strength.

**Women on Weights – 60 min**

Work with a certified personal trainer on strength training specifically designed for women. Gain muscular strength and endurance in this highly effective class.

REGISTRATION BEGINS SEPTEMBER 24, 2019

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