



Blaisdell YMCA Group Training Schedule

Late Spring 2019 - Classes starting between April 15 and June 2

(612) 827-5401

www.blaisdellymca.org

www.facebook.com/BlaisdellYMCA

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-1:30pm
Sunday:	6:00am-8:00pm	Sunday:	9:30am-3:30pm
Classes starting Monday, April 15			
Strength Training for Seniors - 45 min: 55+ yrs			
14_FW_1306_10_041519_YHL	7:00 am to 7:45 am Class meets 6 times	Studio C	Keith \$60 member /\$72 non-member
WAVE Yoga - 45 min: 14+ yrs			
14_FW_1358_10_041519_YHL	9:30 am to 10:15 am Class meets 6 times	Pool	Lisa \$96 member /\$132 non-member
Restorative Yoga 75 Min: 15+ yrs			
14_FW_1202_10_041519_YHL	12:45 pm to 2:00 pm Class meets 6 times	Studio D	Jenn \$114 member /\$162 non-member
Classes starting Tuesday, April 16			
Performance Reformer - 60 min: 15+ yrs			
14_FW_1232_20_041619_YHL	9:15 am to 10:15 am Class meets 7 times	Studio D	Lisa \$140 member /\$182 non-member
<i>Advanced students only</i>			
Restorative Yoga 75 Min: 15+ yrs			
14_FW_1202_20_041619_YHL	10:30 am to 11:45 am Class meets 7 times	Studio D	Lisa \$133 member /\$189 non-member
Women on Weights -60 min: 18+ yrs			
14_FW_1303_20_041619_YHL	6:00 pm to 7:00 pm Class meets 7 times	Fitness Floor	Nick \$140 member /\$182 non-member
Pilates Reformer Group Class - 60 min: 15+ yrs			
14_FW_1326_20_041619_YHL	6:30 pm to 7:30 pm Class meets 7 times	Studio D	David \$140 member /\$182 non-member
Women on Weights -60 min: 18+ yrs			
14_FW_1303_21_041619_YHL	7:00 pm to 8:00 pm Class meets 7 times	Fitness Floor	Nick \$140 member /\$182 non-member
Classes starting Wednesday, April 17			
Performance Reformer - 60 min: 15+ yrs			
14_FW_1232_30_041719_YHL	11:15 am to 12:15 pm Class meets 7 times	Studio D	Lisa \$140 member /\$182 non-member
<i>Advanced students only</i>			
Pilates Reformer Group Class - 60 min: 15+ yrs			
14_FW_1326_30_041719_YHL	12:30 pm to 1:30 pm Class meets 7 times	Studio D	Lisa \$140 member /\$182 non-member
Pilates Reformer Group Class - 60 min: 15+ yrs			
14_FW_1326_31_041719_YHL	1:45 pm to 2:45 pm Class meets 7 times	Studio D	Lisa \$140 member /\$182 non-member

REGISTRATION BEGINS MARCH 12, 2019

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

Classes starting Thursday, April 18

Performance Reformer – 60 min: 15+ yrs				\$140 member /\$182 non-member
14_FW_1232_40_041819_YHL	8:45 am to 9:45 am Class meets 7 times	Studio D	Lisa	
<i>Advanced students only</i>				
Pilates Reformer Group Class – 60 min: 15+ yrs				\$140 member /\$182 non-member
14_FW_1326_40_041819_YHL	6:00 pm to 7:00 pm Class meets 7 times	Studio D	David	
Women on Weights –60 min: 18+ yrs				\$140 member /\$182 non-member
14_FW_1303_40_041819_YHL	6:00 pm to 7:00 pm Class meets 7 times	Fitness Floor	Nick	
Women on Weights –60 min: 18+ yrs				\$140 member /\$182 non-member
14_FW_1303_41_041819_YHL	7:00 pm to 8:00 pm Class meets 7 times	Fitness Floor	Nick	
Women on Weights –60 min: 18+ yrs				\$140 member /\$182 non-member
14_FW_1303_42_041819_YHL	8:00 pm to 9:00 pm Class meets 7 times	Fitness Floor	Nick	

Classes starting Friday, April 19

Strength Training for Seniors – 45 min: 55+ yrs				\$70 member /\$84 non-member
14_FW_1306_50_041919_YHL	7:00 am to 7:45 am Class meets 7 times	Studio C	Keith	
Women on Weights –60 min: 18+ yrs				\$140 member /\$182 non-member
14_FW_1303_50_041919_YHL	6:00 pm to 7:00 pm Class meets 7 times	Fitness Floor	Nick	
Women on Weights –60 min: 18+ yrs				\$140 member /\$182 non-member
14_FW_1303_51_041919_YHL	7:00 pm to 8:00 pm Class meets 7 times	Fitness Floor	Nick	

Classes starting Saturday, April 20

Circuit Works – 30 min: 18+ yrs				\$84 member /\$126 non-member
14_FW_1219_60_042019_YHL	9:30 am to 10:00 am Class meets 7 times	Fitness Floor	Nick	

Classes starting Sunday, April 28

Strength Training for Seniors – 45 min: 55+ yrs				\$70 member /\$84 non-member
14_FW_1306_70_042819_YHL	6:30 am to 7:15 am Class meets 7 times	Studio C	Keith	

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.
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.
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.
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.

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