



Burnsville YMCA Group Training Schedule

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

(952) 898-9622

ymcamn.org/burnsville

www.facebook.com/BurnsvilleYMCA

| 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-6:00pm |
| Classes starting Monday, October 28 | | | |
| Water Kettlebells - 30 min: 15+ yrs 30_FW_1300_10_102819_YHL | 9:30 am to 10:00 am Class meets 7 times | Pool | Riley \$84 member /\$126 non-member |
| Pilates Reformer Group Class - 60 min: 15+ yrs 30_FW_1326_10_102819_YHL | 11:00 am to 12:00 pm Class meets 7 times | | Melissa \$140 member /\$182 non-member |
| Strength Training for Seniors - 45 min: 55+ yrs 30_FW_1306_10_102819_YHL | 11:00 am to 11:45 am Class meets 6 times | | Jim \$60 member /\$72 non-member |
| Strength Training for Seniors - 45 min: 55+ yrs 30_FW_1306_11_102819_YHL | 12:00 pm to 12:45 pm Class meets 6 times | | Jim \$60 member /\$72 non-member |
| Pilates Reformer Group Class - 60 min: 15+ yrs 30_FW_1326_11_102819_YHL | 5:30 pm to 6:30 pm Class meets 7 times | | \$140 member /\$182 non-member |
| Classes starting Tuesday, October 29 | | | |
| Bootcamp - 45 min: 15+ yrs 30_FW_1183_20_102919_YHL | 5:15 am to 6:00 am Class meets 7 times | | Melissa \$112 member /\$154 non-member |
| Pilates Reformer Group Class - 60 min: 15+ yrs 30_FW_1326_20_102919_YHL | 10:00 am to 11:00 am Class meets 7 times | | Melissa \$140 member /\$182 non-member |
| Pilates Reformer Group Class - 60 min: 15+ yrs 30_FW_1326_21_102919_YHL | 5:00 pm to 6:00 pm Class meets 7 times | | Melissa \$140 member /\$182 non-member |
| Circuit Works - 45 min: 18+ yrs 30_FW_1224_20_102919_YHL | 6:00 pm to 6:45 pm Class meets 7 times | | David \$112 member /\$154 non-member |
| Barre - 45 min: 15+ yrs 30_FW_1182_20_102919_YHL | 7:15 pm to 8:00 pm Class meets 7 times | | Melissa \$112 member /\$154 non-member |
| Classes starting Wednesday, October 30 | | | |
| Water Kettlebells - 30 min: 15+ yrs 30_FW_1300_30_103019_YHL | 9:15 am to 9:45 am Class meets 7 times | Pool | Riley \$84 member /\$126 non-member |
| FreeMotion Column Class - 60 min: 15+ yrs 30_FW_1195_30_103019_YHL | 9:30 am to 10:30 am Class meets 7 times | Fitness Center | Jane \$112 member /\$154 non-member |

REGISTRATION BEGINS SEPTEMBER 24, 2019

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|---|---|---------|--------------------------------|
| Strength Training for Seniors - 45 min: 55+ yrs 30_FW_1306_30_103019_YHL | 11:00 am to 11:45 am Class meets 7 times | Jim | \$70 member /\$84 non-member |
| Pilates Reformer Group Class - 60 min: 15+ yrs 30_FW_1326_30_103019_YHL | 1:00 pm to 2:00 pm Class meets 7 times | Melissa | \$140 member /\$182 non-member |
| Pilates Reformer Group Class - 60 min: 15+ yrs 30_FW_1326_31_103019_YHL | 5:00 pm to 6:00 pm Class meets 7 times | Melissa | \$140 member /\$182 non-member |
| Kettlebells Beginner - 30 min: 15+ yrs 30_FW_1327_30_103019_YHL | 6:00 pm to 6:30 pm Class meets 7 times | Riley | \$84 member /\$126 non-member |
| Pilates Reformer Group Class - 60 min: 15+ yrs 30_FW_1326_32_103019_YHL | 6:30 pm to 7:30 pm Class meets 7 times | Melissa | \$140 member /\$182 non-member |

Classes starting Thursday, November 7

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|---|---|-----------------|--------------------------------|
| Circuit Works - 30 min: 18+ yrs 30_FW_1219_40_110719_YHL | 5:15 am to 5:45 am Class meets 5 times | Melissa | \$60 member /\$90 non-member |
| WAVE Yoga - 45 min: 14+ yrs 30_FW_1358_40_110719_YHL | 6:30 am to 7:15 am Class meets 5 times | Pool Melissa | \$80 member /\$110 non-member |
| Pilates Reformer Group Class - 60 min: 15+ yrs 30_FW_1326_40_110719_YHL | 8:00 am to 9:00 am Class meets 5 times | Ann | \$100 member /\$130 non-member |
| Pilates Reformer Group Class - 60 min: 15+ yrs 30_FW_1326_41_110719_YHL | 9:45 am to 10:45 am Class meets 5 times | Ann | \$100 member /\$130 non-member |
| Strength Training for Seniors - 45 min: 55+ yrs 30_FW_1306_40_110719_YHL | 10:00 am to 10:45 am Class meets 5 times | Jim | \$50 member /\$60 non-member |
| Pilates Reformer Group Class - 60 min: 15+ yrs 30_FW_1326_42_110719_YHL | 11:00 am to 12:00 pm Class meets 5 times | | \$100 member /\$130 non-member |
| Bootcamp - 60 min: 15+ yrs 30_FW_1203_40_110719_YHL | 4:30 pm to 5:30 pm Class meets 5 times | David | \$100 member /\$130 non-member |
| Circuit Works - 45 min: 18+ yrs 30_FW_1224_40_110719_YHL | 6:00 pm to 6:45 pm Class meets 5 times | David | \$80 member /\$110 non-member |

Classes starting Friday, November 1

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| Performance Reformer - 60 min: 15+ yrs 30_FW_1232_50_110119_YHL | 5:30 am to 6:30 am Class meets 7 times | Melissa | \$140 member /\$182 non-member |
| Water Kettlebells - 30 min: 15+ yrs 30_FW_1300_50_110119_YHL | 9:30 am to 10:00 am Class meets 7 times | Riley | \$84 member /\$126 non-member |

Classes starting Sunday, November 3

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|---|---|------|---------|--------------------------------|
| Pilates Reformer Group Class - 60 min: 15+ yrs 30_FW_1326_70_110319_YHL | 7:30 am to 8:30 am Class meets 7 times | | Melissa | \$140 member /\$182 non-member |
| TRX Suspension Trainer Beginner - 30 min: 15+ yrs 30_FW_1307_70_110319_YHL | 8:30 am to 9:00 am Class meets 7 times | | Melissa | \$84 member /\$126 non-member |
| WAVE Yoga - 45 min: 14+ yrs 30_FW_1358_70_110319_YHL | 10:30 am to 11:15 am Class meets 7 times | Pool | Melissa | \$112 member /\$154 non-member |

Class Descriptions

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| 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! |
| Bootcamp - 45 min | This class is about improving your strength and stamina through a rugged workout. Class consists of sports drills, weights, jumping rope, boxing, circuits and interval training. It's great for preparing for events like weddings, reunions, postnatal and other milestones. |
| Bootcamp - 60 min | This class is about improving your strength and stamina through a rugged workout. Class consists of sports drills, weights, jumping rope, boxing, circuits and interval training. It's great for preparing for events like weddings, reunions, postnatal and other milestones. |
| 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. |
| FreeMotion Column Class - 60 min | Work through various drills and stations with the versatile FreeMotion Column—a strength-training machine designed to work your upper back, shoulders, arms and abs. |
| Kettlebells Beginner - 30 min | 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. |
| 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. |
| 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 - 30 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. |
| Water Kettlebells - 30 min | A kettlebell is a traditional Russian cast-iron weight that looks like a cannonball with a handle. This total-body class takes the weights to the pool for added natural resistance from the water, and a low-impact workout. |
| 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. |