## Building Hours

**Monday-Friday:**
- M-Th 5:00am-10:00pm, F 5:00am-9:00pm

**Saturday:**
- 6:00am-8:00pm

**Sunday:**
- 6:00am-8:00pm

## KIDS Stuff Hours

**Monday-Friday:**
- M-Th 8:00am-8:30pm, F 8:00am-7:00pm

**Saturday:**
- 8:00am-4:00pm

**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
- Pool Riley
- $84 member / $126 non-member
- Class meets 7 times

**Pilates Reformer Group Class - 60 min: 15+ yrs**
- 30_FW_1326_10_102819_YHL
- 11:00 am to 12:00 pm
- Melissa
- $140 member / $182 non-member
- Class meets 7 times

**Strength Training for Seniors - 45 min: 55+ yrs**
- 30_FW_1306_10_102819_YHL
- 11:00 am to 11:45 am
- Jim
- $60 member / $72 non-member
- Class meets 6 times

**Pilates Reformer Group Class - 60 min: 15+ yrs**
- 30_FW_1326_11_102819_YHL
- 5:30 pm to 6:30 pm
- Melissa
- $140 member / $182 non-member
- Class meets 7 times

### Classes Starting Tuesday, October 29

**Bootcamp - 45 min: 15+ yrs**
- 30_FW_1183_20_102919_YHL
- 5:15 am to 6:00 am
- Melissa
- $112 member / $154 non-member
- Class meets 7 times

**Pilates Reformer Group Class - 60 min: 15+ yrs**
- 30_FW_1326_20_102919_YHL
- 10:00 am to 11:00 am
- Melissa
- $140 member / $182 non-member
- Class meets 7 times

**Pilates Reformer Group Class - 60 min: 15+ yrs**
- 30_FW_1326_21_102919_YHL
- 5:00 pm to 6:00 pm
- Melissa
- $140 member / $182 non-member
- Class meets 7 times

**Circuit Works - 45 min: 18+ yrs**
- 30_FW_1224_20_102919_YHL
- 6:00 pm to 6:45 pm
- David
- $112 member / $154 non-member
- Class meets 7 times

**Barre - 45 min: 15+ yrs**
- 30_FW_1182_20_102919_YHL
- 7:15 pm to 8:00 pm
- Melissa
- $112 member / $154 non-member
- Class meets 7 times

### Classes Starting Wednesday, October 30

**Water Kettlebells - 30 min: 15+ yrs**
- 30_FW_1300_30_103019_YHL
- 9:15 am to 9:45 am
- Pool Riley
- $84 member / $126 non-member
- Class meets 7 times

**FreeMotion Column Class - 60 min: 15+ yrs**
- 30_FW_1195_30_103019_YHL
- 9:30 am to 10:30 am
- Fitness Center Jane
- $112 member / $154 non-member
- Class meets 7 times

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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.
<table>
<thead>
<tr>
<th>Category</th>
<th>Duration</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee Member/Non-member</th>
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</thead>
<tbody>
<tr>
<td>Strength Training for Seniors - 45 min: 55+ yrs</td>
<td>45 min</td>
<td>11:00 am to 11:45 am</td>
<td>Jim</td>
<td>$70 member /$84 non-member</td>
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<tr>
<td>Pilates Reformer Group Class - 60 min: 15+ yrs</td>
<td>60 min</td>
<td>1:00 pm to 2:00 pm</td>
<td>Melissa</td>
<td>$140 member /$182 non-member</td>
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<td>Pilates Reformer Group Class - 60 min: 15+ yrs</td>
<td>60 min</td>
<td>5:00 pm to 6:00 pm</td>
<td>Melissa</td>
<td>$140 member /$182 non-member</td>
</tr>
<tr>
<td>Kettlebells Beginner - 30 min: 15+ yrs</td>
<td>30 min</td>
<td>6:00 pm to 6:30 pm</td>
<td>Riley</td>
<td>$84 member /$126 non-member</td>
</tr>
<tr>
<td>Pilates Reformer Group Class - 60 min: 15+ yrs</td>
<td>60 min</td>
<td>6:30 pm to 7:30 pm</td>
<td>Melissa</td>
<td>$140 member /$182 non-member</td>
</tr>
<tr>
<td>Circuit Works - 30 min: 18+ yrs</td>
<td>30 min</td>
<td>5:15 am to 5:45 am</td>
<td>Melissa</td>
<td>$60 member /$90 non-member</td>
</tr>
<tr>
<td>WAVE Yoga - 45 min: 14+ yrs</td>
<td>45 min</td>
<td>6:30 am to 7:15 am</td>
<td>Pool</td>
<td>$80 member /$110 non-member</td>
</tr>
<tr>
<td>Pilates Reformer Group Class - 60 min: 15+ yrs</td>
<td>60 min</td>
<td>8:00 am to 9:00 am</td>
<td>Ann</td>
<td>$100 member /$130 non-member</td>
</tr>
<tr>
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<td>60 min</td>
<td>9:45 am to 10:45 am</td>
<td>Ann</td>
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<tr>
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<td>45 min</td>
<td>10:00 am to 10:45 am</td>
<td>Jim</td>
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<td>60 min</td>
<td>11:00 am to 12:00 pm</td>
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<td>$100 member /$130 non-member</td>
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<tr>
<td>Bootcamp - 60 min: 15+ yrs</td>
<td>60 min</td>
<td>4:30 pm to 5:30 pm</td>
<td>David</td>
<td>$100 member /$130 non-member</td>
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<tr>
<td>Circuit Works - 45 min: 18+ yrs</td>
<td>45 min</td>
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</tr>
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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.
### 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!

**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.