**Eagan YMCA**

**Group Training Schedule**

Late Spring 2020 - Classes starting between April 20 and June 7

(651) 456-9622        ymcamn.org/eagan        www.facebook.com/Eaganymca

<table>
<thead>
<tr>
<th>BUILDING HOURS</th>
<th>KIDS STUFF HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday–Friday:</td>
<td>Monday–Friday:</td>
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<tr>
<td>Mon–Thu 5 AM–10 PM, Fri 5 AM–9 PM</td>
<td>M–Th 8 AM–1:30 PM &amp; 3:30–8:30 PM, F 8 AM–1:30 PM &amp; 3:30–7 PM</td>
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<tr>
<td>Saturday:</td>
<td>Saturday:</td>
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<tr>
<td>6 AM–8 PM</td>
<td>8 AM–3 PM</td>
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<tr>
<td>Sunday:</td>
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<tr>
<td>6 AM–8 PM</td>
<td>9 AM–3 PM</td>
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### Classes starting Monday, April 20

- **Performance Reformer – 30 min: 15+ yrs**
  - 82_FW_1230_10_042020_YHL
  - 6:30 am to 7:00 am
  - Studio B
  - Trish
  - $156 member / $234 non-member
  - Mon at 6:30 am and Thurs at 7:00 am

- **Sports Enhancement Training – 30 min: 15+ yrs**
  - 82_FW_1336_10_042020_YHL
  - 7:00 am to 7:30 am
  - FC
  - Trish
  - $156 member / $234 non-member
  - Mon and Fri at 7:00 am

- **Circuit Works – 30 min: 18+ yrs**
  - 82_FW_1219_10_042020_YHL
  - 10:00 am to 10:30 am
  - FC
  - Wendy
  - $72 member / $108 non-member

- **Circuit Works – 30 min: 18+ yrs**
  - 82_FW_1219_11_042020_YHL
  - 11:00 am to 11:30 am
  - FC
  - Wendy
  - $72 member / $108 non-member

### Classes starting Tuesday, April 21

- **Strength Training for Seniors – 45 min: 55+ yrs**
  - 82_FW_1306_20_042120_YHL
  - 10:00 am to 10:45 am
  - Fitness Center
  - Caite Vosejpka
  - $70 member / $84 non-member

- **Kettlebells Intermediate – 60 min: 15+ yrs**
  - 82_FW_1332_20_042120_YHL
  - 5:00 pm to 6:00 pm
  - Studio B
  - Mark Smith
  - $140 member / $182 non-member

- **Performance Reformer – 60 min: 15+ yrs**
  - 82_FW_1232_20_042120_YHL
  - 7:00 pm to 8:00 pm
  - Studio B
  - Kyle Norman
  - $140 member / $182 non-member

### Classes starting Wednesday, April 22

- **Performance Reformer – 45 min: 15+ yrs**
  - 82_FW_1231_30_042220_YHL
  - 5:15 am to 6:00 am
  - Studio B
  - Kyle Norman
  - $112 member / $154 non-member

- **Group Personal Training – 45 min: 15+ yrs**
  - 82_FW_1204_30_042220_YHL
  - 8:15 am to 9:00 am
  - FC
  - Trish
  - $112 member / $154 non-member

### Classes starting Thursday, April 23

- **Strength Training for Seniors – 45 min: 55+ yrs**
  - 82_FW_1306_40_042320_YHL
  - 8:30 am to 9:15 am
  - Fitness Center
  - Caite Vosejpka
  - $70 member / $84 non-member

- **Performance Reformer – 60 min: 15+ yrs**
  - 82_FW_1232_40_042320_YHL
  - 5:30 pm to 6:30 pm
  - Studio B
  - Kyle Norman
  - $100 member / $130 non-member

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REGISTRATION BEGINS MARCH 17, 2020

Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.
### Sports Enhancement Training - 45 min: 15+ yrs

82_FW_1337_60_042520_YHL  
Fitness Center  
Michelle Prokes

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Description</th>
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| 8:15 am to 9:00 am | $112 member / $154 non-member  
Class meets 7 times |

### Class Descriptions

<table>
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<th>Description</th>
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<tbody>
<tr>
<td>Circuit Works - 30 min</td>
<td>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.</td>
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<td>Group Personal Training - 45 min</td>
<td>A personal trainer led group class which focuses on strength and cardio endurance using a variety of exercises and equipment to improve the overall fitness level of each participant.</td>
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<td>Kettlebells Intermediate - 60 min</td>
<td>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.</td>
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<td>Performance Reformer - 30 min</td>
<td>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.</td>
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<td>Fine-tune your performance in your sport of choice with guidance from an expert instructor.</td>
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<td>Sports Enhancement Training - 45 min</td>
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<td>Strength Training for Seniors - 45 min</td>
<td>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.</td>
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