



Eagan YMCA Group Training Schedule

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

(651) 456-9622

www.eaganymca.org

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BUILDING HOURS		KIDS STUFF HOURS	
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Monday-Friday:	M-Th 5:00am-10:00pm, F 5:00am-9:00pm
Saturday:	6:00am-8:00pm
Sunday:	6:00am-8:00pm

Monday-Friday:	M-Th 8:30am-8:30pm, F 8:30am-7:00pm
Saturday:	8:00am-1:00pm
Sunday:	9:00am-6:00pm

Classes starting Monday, April 15

Sports Enhancement Training - 30 min: 15+ yrs				\$84 member /\$126 non-member
82_FW_1336_10_041519_YHL	11:00 am to 11:30 am Class meets 7 times	Studio B	Kyle	
Pilates Reformer Group Class - 45 min: 15+ yrs				\$112 member /\$154 non-member
82_FW_1339_10_041519_YHL	12:45 pm to 1:30 pm Class meets 7 times	Studio B	Kyle	
Advanced Strength Training - 60 min: 15+ yrs				\$140 member /\$182 non-member
82_FW_1242_10_041519_YHL	5:00 pm to 6:00 pm Class meets 7 times	Fitness Center	JT	

Classes starting Tuesday, April 16

Kettlebells Intermediate - 45 min: 15+ yrs				\$112 member /\$154 non-member
82_FW_1331_20_041619_YHL	5:00 pm to 5:45 pm Class meets 7 times	Studio B	Mark Smith	
Knockout- 60 min: 15+ yrs				\$140 member /\$182 non-member
82_FW_1248_20_041619_YHL	5:00 pm to 6:00 pm Class meets 7 times	Studio B	JT	
Pilates Reformer Group Class - 60 min: 15+ yrs				\$140 member /\$182 non-member
82_FW_1326_20_041619_YHL	6:00 pm to 7:00 pm Class meets 7 times	Studio B	Kyle	

Classes starting Wednesday, April 17

Pilates Reformer Group Class - 45 min: 15+ yrs				\$112 member /\$154 non-member
82_FW_1339_30_041719_YHL	9:00 am to 9:45 am Class meets 7 times	Studio B	Kyle	
Sports Enhancement Training - 30 min: 15+ yrs				\$84 member /\$126 non-member
82_FW_1336_30_041719_YHL	11:00 am to 11:30 am Class meets 7 times	Studio B	Kyle	

Classes starting Thursday, April 18

Pilates Reformer Group Class - 60 min: 15+ yrs				\$140 member /\$182 non-member
82_FW_1326_40_041819_YHL	5:30 am to 6:30 am Class meets 7 times	Studio B	Kyle	
Knockout- 60 min: 15+ yrs				\$140 member /\$182 non-member
82_FW_1248_40_041819_YHL	5:00 pm to 6:00 pm Class meets 7 times	Studio B	JT	

REGISTRATION BEGINS MARCH 12, 2019

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

Classes starting Friday, April 19

Sports Enhancement Training - 30 min: 15+ yrs	82_FW_1336_50_041919_YHL	11:00 am to 11:30 am Class meets 7 times	Studio B	Kyle	\$84 member /\$126 non-member
Pilates Reformer Group Class - 45 min: 15+ yrs	82_FW_1339_50_041919_YHL	12:00 pm to 12:45 pm Class meets 7 times	Studio B	Kyle	\$112 member /\$154 non-member
Advanced Strength Training - 60 min: 15+ yrs	82_FW_1242_50_041919_YHL	5:00 pm to 6:00 pm Class meets 7 times	Fitness Center	JT	\$140 member /\$182 non-member

Class Descriptions

Advanced Strength Training - 60 min	Each week brings a different workout with new lifts to challenge or meet your strength-training needs. Change your fitness level with this high-intensity interval training class.
Kettlebells Intermediate - 45 min	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.
Knockout- 60 min	With this circuit style format, you put boxing gloves on and use bodyweight exercises for a great cardio and strength workout. Class starts with a dynamic warm up that includes range-of-motion exercises; next you move into three rounds of bodyweight circuit training stations. This class meets once a week.
Pilates Reformer Group Class - 45 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.
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.
Sports Enhancement Training - 30 min	Fine-tune your performance in your sport of choice with guidance from an expert instructor.

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