# Group Training Schedule

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

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

## Building Hours

<table>
<thead>
<tr>
<th>Monday-Friday</th>
<th>M-Th 5:00am-10:00pm, F 5:00am-9:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>6:00am-8:00pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>6:00am-8:00pm</td>
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</tbody>
</table>

## Kids Stuff Hours

<table>
<thead>
<tr>
<th>Monday-Friday</th>
<th>M-Th 8:30am-8:30pm, F 8:30am-7:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>8:00am-1:00pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>9:00am-6:00pm</td>
</tr>
</tbody>
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## Classes starting Monday, October 28

**Performance Reformer - 60 min: 15+ yrs**  
82_FW_1232_10_102819_YHL  
12:00 pm to 1:00 pm  
Class meets 7 times  
Studio B  
Kyle Norman  
$140 member /$182 non-member

## Classes starting Tuesday, October 29

**Group Personal Training - 45 min: 15+ yrs**  
82_FW_1204_20_102919_YHL  
10:00 am to 10:45 am  
Class meets 7 times  
Fitness Center  
Catie Vosejpka  
$112 member /$154 non-member

**Kettlebells Intermediate - 60 min: 15+ yrs**  
82_FW_1332_20_102919_YHL  
5:00 pm to 6:00 pm  
Class meets 7 times  
Studio B  
Mark Smith  
$140 member /$182 non-member

**Performance Reformer - 60 min: 15+ yrs**  
82_FW_1232_20_102919_YHL  
7:00 pm to 8:00 pm  
Class meets 7 times  
Studio B  
Kyle Norman  
$140 member /$182 non-member

## Classes starting Wednesday, October 30

**Performance Reformer - 45 min: 15+ yrs**  
82_FW_1231_30_103019_YHL  
9:00 am to 9:45 am  
Class meets 7 times  
Studio B  
Kyle Norman  
$112 member /$154 non-member

## Classes starting Thursday, November 7

**Group Personal Training - 45 min: 15+ yrs**  
82_FW_1204_40_110719_YHL  
8:30 am to 9:15 am  
Class meets 5 times  
Fitness Center  
Catie Vosejpka  
$80 member /$110 non-member

**Performance Reformer - 60 min: 15+ yrs**  
82_FW_1232_40_110719_YHL  
5:30 pm to 6:30 pm  
Class meets 5 times  
Studio B  
Kyle Norman  
$100 member /$130 non-member

## Class Descriptions

**Group Personal Training - 45 min**  
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.

**Kettlebells Intermediate - 60 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.

**Performance Reformer - 45 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.

**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.

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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.