Elk River YMCA
Group Training Schedule
Late Spring 2020 – Classes starting between April 20 and June 7
(763) 230-2800     ymcamn.org/elkriver     www.facebook.com/elkriverymca

<table>
<thead>
<tr>
<th>BUILDING HOURS</th>
<th>KIDS STUFF HOURS</th>
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<tbody>
<tr>
<td><strong>Monday–Friday:</strong></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: 6 AM–8 PM</td>
<td>Saturday: 8 AM–4 PM</td>
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<tr>
<td>Sunday: 6 AM–8 PM</td>
<td>Sunday: 11 AM–4 PM</td>
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**Classes starting Monday, April 20**

- **Pilates Reformer Group Class – 45 min: 15+ yrs**
  - 34_FW_1339_10_042020_YHL
  - 9:00 am to 9:45 am
  - Fitness Center
  - Emily
  - $112 member / $154 non-member

- **Pilates Reformer Group Class – 60 min: 15+ yrs**
  - 34_FW_1326_10_042020_YHL
  - 5:30 pm to 6:30 pm
  - Fitness Center
  - Sarah
  - $140 member / $182 non-member

**Classes starting Tuesday, April 21**

- **Lighter U – 60 min: 18+ yrs**
  - 34_FW_1363_20_042120_YHL
  - 8:30 am to 9:30 am
  - Studio B
  - Sarah
  - $240 member / $312 non-member

- **Pilates Reformer Group Class – 60 min: 15+ yrs**
  - 34_FW_1326_20_042120_YHL
  - 9:45 am to 10:45 am
  - Fitness Center
  - Sarah
  - $140 member / $182 non-member

- **Strength Training for Seniors – 45 min: 55+ yrs**
  - 34_FW_1306_20_042120_YHL
  - 10:45 am to 11:30 am
  - Studio B
  - Joe
  - $60 member / $72 non-member

- **Pilates Reformer Group Class – 60 min: 15+ yrs**
  - 34_FW_1326_21_042120_YHL
  - 6:00 pm to 7:00 pm
  - Fitness Center
  - Emily
  - $140 member / $182 non-member

- **Tread and Shed – 60 min: 15+ yrs**
  - 34_FW_1189_20_042120_YHL
  - 7:00 pm to 8:00 pm
  - Fitness Center
  - Emily
  - $112 member / $154 non-member

**Classes starting Wednesday, April 22**

- **Pilates Reformer Group Class – 60 min: 15+ yrs**
  - 34_FW_1326_30_042220_YHL
  - 4:30 pm to 5:30 pm
  - Fitness Center
  - Sarah
  - $140 member / $182 non-member

**Classes starting Thursday, April 23**

- **Pilates Reformer Group Class – 60 min: 15+ yrs**
  - 34_FW_1326_40_042320_YHL
  - 11:30 am to 12:30 pm
  - Fitness Center
  - Sarah
  - $280 member / $364 non-member

- **Lighter U – 60 min: 18+ yrs**
  - 34_FW_1363_40_042320_YHL
  - 6:30 pm to 7:30 pm
  - Community Room
  - Joe
  - $240 member / $312 non-member

**Classes starting Friday, April 24**

- **Pilates Reformer Group Class – 60 min: 15+ yrs**
  - 34_FW_1326_50_042420_YHL
  - 10:30 am to 11:30 am
  - Fitness Center
  - Sarah
  - $140 member / $182 non-member

REGISTRATION BEGINS MARCH 17, 2020

Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.
<table>
<thead>
<tr>
<th>Class Description</th>
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<tr>
<td>Lighter U – 60 min</td>
<td>Learn about nutrition and mental wellness during a weight-loss journey, and participate in physical activities.</td>
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<td>Pilates Reformer Group Class – 45 min</td>
<td>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.</td>
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<td>Pilates Reformer Group Class – 60 min</td>
<td>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.</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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<tr>
<td>Tread and Shed – 60 min</td>
<td>High-intensity training is the most proven way to bust through plateaus and ruts. Class includes exciting treadmill drills interchanged with dynamic strength circuits. If you’re at a point you’re ready to put the work in to get the changes you want, this is the class for you.</td>
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