



# Elk River YMCA Group Training Schedule

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

(763) 230-2800

[ymcamn.org/elkriver](http://ymcamn.org/elkriver)

[www.facebook.com/elkriverymca](http://www.facebook.com/elkriverymca)

BUILDING HOURS		KIDS STUFF HOURS	
Monday-Friday:	M-Th 5:00am-10:00pm, F 5:00am-9:00pm	Monday-Friday:	M-Th 8:00am-8:30pm, F 8:00am-7:00pm
Saturday:	6:00am-8:00pm	Saturday:	8:00am-4:00pm
Sunday:	6:00am-8:00pm	Sunday:	11:00am-4:00pm

## Classes starting Monday, October 28

Pilates Reformer Group Class - 60 min: 15+ yrs				\$140 member /\$182 non-member
34_FW_1326_10_102819_YHL	10:45 am to 11:45 am Class meets 7 times	Fitness Center	Megan	

## Classes starting Tuesday, October 29

Performance Reformer - 60 min: 15+ yrs				\$140 member /\$182 non-member
34_FW_1232_20_102919_YHL	9:30 am to 10:30 am Class meets 7 times	Fitness Center	Megan	

Strength Training for Seniors - 45 min: 55+ yrs				\$60 member /\$72 non-member
34_FW_1306_20_102919_YHL	10:45 am to 11:30 am Class meets 6 times	Fitness Center	Kylie	

## Classes starting Wednesday, October 30

Pilates Reformer Group Class - 60 min: 15+ yrs				\$140 member /\$182 non-member
34_FW_1326_30_103019_YHL	10:45 am to 11:45 am Class meets 7 times	Fitness Center	Megan	

Circuit Works - 45 min: 18+ yrs				\$112 member /\$154 non-member
34_FW_1224_30_103019_YHL	6:00 pm to 6:45 pm Class meets 7 times	Fitness Center	Sarah	

## Classes starting Thursday, November 7

Pilates Reformer Group Class - 60 min: 15+ yrs				\$120 member /\$156 non-member
34_FW_1326_40_110719_YHL	9:30 am to 10:30 am Class meets 6 times	Fitness Center	Megan	

Lighter U - 60 min: 18+ yrs				\$180 member /\$234 non-member
34_FW_1363_40_110719_YHL	10:15 am to 11:15 am Class meets 9 times	Community Room	Kylie	
<i>will not meet 11/28, 12/26, or 1/2</i>				

## Classes starting Friday, November 1

Group Personal Training - 45 min: 15+ yrs				\$112 member /\$154 non-member
34_FW_1204_50_110119_YHL	9:15 am to 10:00 am Class meets 7 times	Fitness Center	Sarah	

## Classes starting Other Days During Late Fall Session

Advanced Training for Teens - 2 hrs: 12-17 yrs				\$40 member /\$40 non-member
34_FW_1168_30_111319_YHL	Wed -4:00 pm to 6:00 pm Class meets 1 times starting November 13	Fitness Center	Kylie	

Advanced Training for Teens - 2 hrs: 12-17 yrs				\$40 member /\$40 non-member
34_FW_1168_30_121819_YHL	Wed -4:00 pm to 6:00 pm Class meets 1 times starting December 18	Fitness Center	Kylie	

REGISTRATION BEGINS SEPTEMBER 24, 2019

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Class availability varies by location. Schedules subject to change. Please visit [ymcamn.org](http://ymcamn.org) for updated class listings.

## Class Descriptions

Advanced Training for Teens - 2 hrs	Challenge yourself with a variety of strength-training exercises and the use of free weights. Work all your major muscle groups to feel stronger, reshape your body or stay active in the off season. This class is designed for teens and is available exclusively to Y members.
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.
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.
Lighter U - 60 min	Learn about nutrition and mental wellness during a weight-loss journey, and participate in physical activities.
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.