### Group Training Schedule

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

(763) 785-7882  
ymcamn.org/emmabhowe

<table>
<thead>
<tr>
<th>BUILDING HOURS</th>
<th>KIDS STUFF HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday–Friday:</td>
<td>M–Th 8:00am–8:30pm, F 8:00am–7:00pm</td>
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<tr>
<td>Saturday:</td>
<td>8:00am–5:00pm</td>
</tr>
<tr>
<td>Sunday:</td>
<td>11:00am–6:00pm</td>
</tr>
</tbody>
</table>

#### BUILDING HOURS

**Monday–Friday:**  
M–Th 5:00am–10:00pm, F 5:00am–9:00pm  
Saturday: 6:00am–8:00pm  
Sunday: 6:00am–8:00pm

#### KIDS STUFF HOURS

**Monday–Friday:**  
M–Th 8:00am–8:30pm, F 8:00am–7:00pm  
Saturday: 8:00am–5:00pm  
Sunday: 11:00am–6:00pm

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**Classes starting Monday, October 28**

- **Circuit Works - 45 min: 18+ yrs**  
  27_FW_1224_10_102819_YHL  
  5:15 am to 6:00 am  
  Class meets 7 times  
  Fitness Floor  
  Kari  
  $112 member /$154 non-member

- **Performance Reformer - 45 min: 15+ yrs**  
  27_FW_1231_10_102819_YHL  
  6:00 am to 6:45 am  
  Class meets 7 times  
  Group Training Studio  
  Tammy  
  $112 member /$154 non-member

- **Pilates Reformer Group Class - 45 min: 15+ yrs**  
  27_FW_1339_10_102819_YHL  
  8:00 am to 8:45 am  
  Class meets 7 times  
  Group Training Studio  
  Maria  
  $112 member /$154 non-member

- **Pilates Reformer Group Class - 45 min: 15+ yrs**  
  27_FW_1339_11_102819_YHL  
  10:00 am to 10:45 am  
  Class meets 7 times  
  Group Training Studio  
  Teresa H  
  $112 member /$154 non-member

- **Pilates Reformer Group Class - 45 min: 15+ yrs**  
  27_FW_1339_12_102819_YHL  
  11:00 am to 11:45 am  
  Class meets 7 times  
  Group Training Studio  
  Teresa H  
  $112 member /$154 non-member

- **Pilates Reformer Group Class - 45 min: 15+ yrs**  
  27_FW_1339_13_102819_YHL  
  4:00 pm to 4:45 pm  
  Class meets 7 times  
  Group Training Studio  
  Heather  
  $112 member /$154 non-member

- **Pilates Reformer Group Class - 45 min: 15+ yrs**  
  27_FW_1339_14_102819_YHL  
  5:15 pm to 6:00 pm  
  Class meets 7 times  
  Group Training Studio  
  Teresa P  
  $112 member /$154 non-member

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**Classes starting Tuesday, October 29**

- **Pilates Reformer Group Class - 45 min: 15+ yrs**  
  27_FW_1339_20_102919_YHL  
  12:00 pm to 12:45 pm  
  Class meets 7 times  
  Group Training Studio  
  Chandra  
  $112 member /$154 non-member

- **Pilates Reformer Group Class - 45 min: 15+ yrs**  
  27_FW_1339_21_102919_YHL  
  6:00 pm to 6:45 pm  
  Class meets 7 times  
  Group Training Studio  
  Wendy  
  $112 member /$154 non-member

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**Classes starting Wednesday, October 30**

- **Pilates Reformer Group Class - 45 min: 15+ yrs**  
  27_FW_1339_30_103019_YHL  
  5:15 pm to 6:00 pm  
  Class meets 7 times  
  Group Training Studio  
  Maria  
  $112 member /$154 non-member

- **Pilates Reformer Group Class - 45 min: 15+ yrs**  
  27_FW_1339_31_103019_YHL  
  11:15 am to 12:00 pm  
  Class meets 7 times  
  Group Training Studio  
  Teresa H  
  $112 member /$154 non-member

- **Pilates Reformer Group Class - 45 min: 15+ yrs**  
  27_FW_1339_32_103019_YHL  
  1:00 pm to 1:45 pm  
  Class meets 7 times  
  Group Training Studio  
  Kari  
  $112 member /$154 non-member

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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.
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<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
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<tbody>
<tr>
<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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<tr>
<td>WAVE Yoga – 45 min</td>
<td>Work out on stand-up paddleboards specially designed for the pool. Experience yoga sequences and other dynamic exercises on the board while demonstrating balance, coordination and strength.</td>
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