



Emma B. Howe YMCA Group Training Schedule

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

(763) 785-7882

www.emmabhoweymca.org

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-5:00pm
Sunday:	6:00am-8:00pm	Sunday:	11:00am-6:00pm

Classes starting Monday, April 15

Circuit Works - 45 min: 18+ yrs								\$96 member /\$132 non-member
27_FW_1224_10_041519_YHL	5:15 am to 6:00 am Class meets 6 times	Fitness Floor	Kari					
Performance Reformer - 45 min: 15+ yrs								\$96 member /\$132 non-member
27_FW_1231_10_041519_YHL	6:00 am to 6:45 am Class meets 6 times	Group Training Studic	Tammy					
Performance Reformer - 45 min: 15+ yrs								\$96 member /\$132 non-member
27_FW_1231_11_041519_YHL	7:00 am to 7:45 am Class meets 6 times	Group Training Studic	Maria					
Pilates Reformer Group Class - 45 min: 15+ yrs								\$96 member /\$132 non-member
27_FW_1339_10_041519_YHL	8:00 am to 8:45 am Class meets 6 times	Group Training Studic	Maria					
Pilates Reformer Group Class - 45 min: 15+ yrs								\$96 member /\$132 non-member
27_FW_1339_11_041519_YHL	10:00 am to 10:45 am Class meets 6 times	Group Training Studic	Teresa H					
Pilates Reformer Group Class - 45 min: 15+ yrs								\$96 member /\$132 non-member
27_FW_1339_12_041519_YHL	11:00 am to 11:45 am Class meets 6 times	Group Training Studic	Teresa H					
Pilates Reformer Group Class - 45 min: 15+ yrs								\$96 member /\$132 non-member
27_FW_1339_13_041519_YHL	5:15 pm to 6:00 pm Class meets 6 times	Group Training Studic	Teresa P					

Classes starting Tuesday, April 16

Pilates Reformer Group Class - 45 min: 15+ yrs								\$112 member /\$154 non-member
27_FW_1339_20_041619_YHL	10:45 am to 11:30 am Class meets 7 times	Group Training Studio	Shandel					
Pilates Reformer Group Class - 45 min: 15+ yrs								\$112 member /\$154 non-member
27_FW_1339_21_041619_YHL	6:00 pm to 6:45 pm Class meets 7 times	Group Training Studio	Wendy					

Classes starting Wednesday, April 17

Performance Reformer - 45 min: 15+ yrs								\$112 member /\$154 non-member
27_FW_1231_30_041719_YHL	5:15 am to 6:00 am Class meets 7 times	Group Training Studio	Tammy					
WAVE Yoga - 45 min: 14+ yrs								\$112 member /\$154 non-member
27_FW_1358_30_041719_YHL	5:15 am to 6:00 am Class meets 7 times	Pool	Maria					
Muscle Stretch and Release - 45 min: 16+ yrs								\$112 member /\$154 non-member
27_FW_1340_30_041719_YHL	9:00 am to 9:45 am Class meets 7 times	Fitness Floor	Andy					

REGISTRATION BEGINS MARCH 12, 2019

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

Pilates Reformer Group Class - 45 min: 15+ yrs 27_FW_1339_30_041719_YHL	11:30 am to 12:15 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_31_041719_YHL	1:00 pm to 1:45 pm Class meets 7 times	Group Training Studio	Kari	\$112 member /\$154 non-member
Pilates Reformer Group Class - 45 min: 15+ yrs 27_FW_1339_32_041719_YHL	6:00 pm to 6:45 pm Class meets 7 times	Group Training Studio	Wendy	\$112 member /\$154 non-member
Circuit Works - 45 min: 18+ yrs 27_FW_1224_30_041719_YHL	6:30 pm to 7:15 pm Class meets 7 times	Fitness Floor	Sarah	\$112 member /\$154 non-member

Classes starting Thursday, April 18

Performance Reformer - 45 min: 15+ yrs 27_FW_1231_40_041819_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_40_041819_YHL	6:50 am to 7:35 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_41_041819_YHL	8:00 am to 8:45 am Class meets 7 times	Group Training Studio	Teresa H	\$112 member /\$154 non-member

Classes starting Friday, April 19

Pilates Reformer Group Class - 45 min: 15+ yrs 27_FW_1339_50_041919_YHL	10:00 am to 10:45 am Class meets 7 times	Group Training Studio	Shandel	\$112 member /\$154 non-member
Knockout - 30 min (1x/week): 15+ yrs 27_FW_1180_50_041919_YHL	7:15 pm to 7:45 pm Class meets 7 times	Fitness Alcove	Wendy	\$84 member /\$126 non-member

Classes starting Saturday, April 20

Pilates Reformer Group Class - 45 min: 15+ yrs 27_FW_1339_60_042019_YHL	8:30 am to 9:15 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_61_042019_YHL	12:00 pm to 12:45 pm Class meets 7 times	Group Training Studio	Wendy	\$112 member /\$154 non-member

Class Descriptions

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.
Knockout - 30 min (1x/week)	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.
Muscle Stretch and Release - 45 min	Come to this class for assisted stretching and foam rolling, which provides myofascial release—all with guidance from an experienced Personal Trainer.
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.

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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.

WAVE Yoga - 45 min

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.

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