



Hastings YMCA Group Training Schedule

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

(651) 480-8887

www.hastingsareaymca.org

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BUILDING HOURS		KIDS STUFF HOURS	
Monday-Friday:	M-Th 5:00am-10:00pm, F 5:00am-9:00pm	Monday-Friday:	M-Th 8:00am-8:00pm, F 8:00am-7:00pm
Saturday:	6:00am-8:00pm	Saturday:	8:00am-2:00pm
Sunday:	6:00am-8:00pm	Sunday:	10:00am-3:00pm

Classes starting Monday, April 15

Kettlebells Beginner - 30 min: 15+ yrs					
85_FW_1327_10_041519_YHL	9:30 am to 10:00 am Class meets 6 times	Studio C	Nikki S.	\$72 member /\$108 non-member	
Extreme CTK: 15+ yrs					
85_FW_0001_10_041519_YHL	12:00 pm to 12:30 pm Class meets 6 times	Studio C	Nikki S.	\$84 member /\$126 non-member	
<i>Extreme CTK</i>					
Pilates Reformer Group Class - 45 min: 15+ yrs					
85_FW_1339_10_041519_YHL	4:00 pm to 4:45 pm Class meets 6 times	Studio C	Amy K.	\$96 member /\$132 non-member	
Pilates Reformer Group Class - 45 min: 15+ yrs					
85_FW_1339_11_041519_YHL	4:50 pm to 5:35 pm Class meets 6 times	Studio C	Amy K.	\$96 member /\$132 non-member	
Knockout - 30 min (1x/week): 15+ yrs					
85_FW_1180_10_041519_YHL	6:55 pm to 7:25 pm Class meets 6 times	Studio C	Nikki S.	\$72 member /\$108 non-member	

Classes starting Tuesday, April 16

Knockout - 30 min (1x/week): 15+ yrs					
85_FW_1180_20_041619_YHL	9:15 am to 9:45 am Class meets 7 times	Studio C	Nikki S.	\$84 member /\$126 non-member	
Pilates Reformer Group Class - 45 min: 15+ yrs					
85_FW_1339_20_041619_YHL	4:50 pm to 5:35 pm Class meets 7 times	Studio C	Erica F.	\$112 member /\$154 non-member	

Classes starting Wednesday, April 17

Pilates Reformer Group Class - 45 min: 15+ yrs					
85_FW_1339_30_041719_YHL	8:00 am to 8:45 am Class meets 7 times	Studio C	Nikki S.	\$112 member /\$154 non-member	
TRX Suspension Trainer Beginner - 30 min: 15+ yrs					
85_FW_1307_30_041719_YHL	12:00 pm to 12:30 pm Class meets 7 times	Studio C	Nikki S.	\$84 member /\$126 non-member	
Knockout - 30 min (1x/week): 15+ yrs					
85_FW_1180_30_041719_YHL	7:00 pm to 7:30 pm Class meets 7 times	Studio C	Nikki S.	\$84 member /\$126 non-member	

Classes starting Thursday, April 18

Pilates Reformer Group Class - 45 min: 15+ yrs					
85_FW_1339_40_041819_YHL	6:00 am to 6:45 am Class meets 7 times	Studio C	Chad S.	\$112 member /\$154 non-member	
<i>BRO - LATES (MEN ONLY)</i>					

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 85_FW_1339_41_041819_YHL	9:15 am to 10:00 am Class meets 7 times	Studio C	Ashley M.	\$112 member /\$154 non-member
Pilates Reformer Group Class - 45 min: 15+ yrs 85_FW_1339_42_041819_YHL	10:15 am to 11:00 am Class meets 7 times	Studio C	Nikki S.	\$112 member /\$154 non-member
Extreme CTK: 15+ yrs 85_FW_0001_40_041819_YHL <i>Extreme CTK</i>	1:45 pm to 2:15 pm Class meets 7 times	Studio C	Nikki S.	\$98 member /\$147 non-member
Pilates Reformer Group Class - 45 min: 15+ yrs 85_FW_1339_43_041819_YHL	6:00 pm to 6:45 pm Class meets 7 times	Studio C	Pam Z.	\$112 member /\$154 non-member

Classes starting **Other Days During Late Spring Session**

Group Training Drop-In Package: 4 Sessions: 18+ yrs 85_FW_1200_022519_YHL	Mon - to Class meets 4 times starting February 25 <i>Purchase 4 Group Training Sessions - Great for spring break!</i>	Various	Various	member / non-member
Group Training Drop-In Package: 8 Sessions: 18+ yrs 85_FW_1201_022519_YHL	Mon - to Class meets 8 times starting February 25 <i>Purchase 8 Group Training Sessions - Great to sample all of our classes!</i>	Various	Variou	member / non-member

Class Descriptions

Extreme CTK	Love to cycle and looking for more? Extreme CTK combines high intensity cycling, TRX Suspension training and Kettlebell circuits for a calorie torching challenge that pushes you beyond your limits.
Group Training Drop-In Package: 4 Sessions	Attend energizing group training classes like barre, Yfit and Pilates Reformer with a drop-in class package. All group training classes at the Dayton Y at Gaviidae are drop-in with no pre-registration required, giving you the flexibility to build your own custom training schedule. Enjoy small class sizes and enhanced instructor attention during any of our 45-minute group training classes. Packages expire 90 days after purchase.
Group Training Drop-In Package: 8 Sessions	Attend energizing group training classes like barre, Yfit and Pilates Reformer with a drop-in class package. All group training classes at the Dayton Y at Gaviidae are drop-in with no pre-registration required, giving you the flexibility to build your own custom training schedule. Enjoy small class sizes and enhanced instructor attention during any of our 45-minute group training classes. Packages expire 90 days after purchase.
Kettlebells Beginner - 30 min	A kettlebell is a traditional Russian cast-iron weight that looks like a cannonball with a handle. Using these weights, you are guided through a variety of movements designed to develop strength, mobility, energy and vitality. It's a challenging, dynamic and effective workout.
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.
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.
TRX Suspension Trainer Beginner - 30 min	A TRX suspension trainer is a tool made of straps that uses your body weight to build strength, balance, flexibility and stability. All exercises in class create an element of instability that calls on your core muscles to work hard.

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