



Hudson YMCA Group Training Schedule

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

(715) 386-1616

ymcamn.org/hudson

www.facebook.com/stcroixvalleyymca

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:	7:45am-3:00pm
Sunday:	6:00am-8:00pm	Sunday:	8:00am-5:00pm

Classes starting Monday, October 28

Pilates Reformer Group Class - 60 min: 15+ yrs 84_FW_1326_10_102819_YHL	8:00 am to 9:00 am Class meets 7 times	Studio 3	Naomi	\$140 member /\$182 non-member
Strength Training for Seniors - 45 min: 55+ yrs 84_FW_1306_10_102819_YHL	9:00 am to 9:45 am Class meets 7 times	Fitness Center	Kelly	\$70 member /\$84 non-member
Rollga Recovery and Movement - 45 min: 15+ yrs 84_FW_1205_10_102819_YHL	10:30 am to 11:15 am Class meets 7 times	Studio 3	Sue	\$105 member /\$175 non-member
WAVE Fit - 45 min: 14+ yrs 84_FW_1361_10_102819_YHL	5:30 pm to 6:15 pm Class meets 7 times	Pool	Kelly	\$112 member /\$154 non-member
Pilates Reformer Group Class - 60 min: 15+ yrs 84_FW_1326_11_102819_YHL	6:30 pm to 7:30 pm Class meets 7 times	Studio 3	Naomi	\$140 member /\$182 non-member

Classes starting Tuesday, October 29

Pilates Reformer Group Class - 60 min: 15+ yrs 84_FW_1326_20_102919_YHL	9:00 am to 10:00 am Class meets 7 times	Studio 3	Naomi	\$140 member /\$182 non-member
Pilates Reformer Group Class - 30 min: 15+ yrs 84_FW_1325_20_102919_YHL	4:30 pm to 5:00 pm Class meets 7 times	Studio 3	Naomi	\$84 member /\$126 non-member

Classes starting Wednesday, October 30

Strength Training for Seniors - 45 min: 55+ yrs 84_FW_1306_30_103019_YHL	8:30 am to 9:15 am Class meets 7 times	Fitness Center	Kelly	\$70 member /\$84 non-member
Pilates Reformer Group Class - 60 min: 15+ yrs 84_FW_1326_30_103019_YHL	10:20 am to 11:20 am Class meets 7 times	Studio 3	Cindy	\$140 member /\$182 non-member
Strength Training for Seniors - 45 min: 55+ yrs 84_FW_1306_31_103019_YHL	11:30 am to 12:15 pm Class meets 7 times	Fitness Center	Kelly	\$70 member /\$84 non-member
Pilates Reformer Group Class - 45 min: 15+ yrs 84_FW_1339_30_103019_YHL	5:45 pm to 6:30 pm Class meets 7 times	Studio 3	Naomi	\$112 member /\$154 non-member

Classes starting Thursday, November 7

Bootcamp - 60 min: 15+ yrs 84_FW_1203_40_110719_YHL	9:15 am to 10:15 am Class meets 5 times	Gym	Naomi	\$100 member /\$130 non-member
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REGISTRATION BEGINS SEPTEMBER 24, 2019

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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				\$80 member /\$110 non-member
84_FW_1339_40_110719_YHL	10:30 am to 11:15 am	Studio 3	Naomi	
	Class meets 5 times			

Pilates Reformer Group Class - 60 min: 15+ yrs				\$100 member /\$130 non-member
84_FW_1326_40_110719_YHL	5:30 pm to 6:30 pm	Studio 3	Naomi	
	Class meets 5 times			

Classes starting **Friday, November 1**

Pilates Reformer Group Class - 60 min: 15+ yrs				\$140 member /\$182 non-member
84_FW_1326_50_110119_YHL	10:25 am to 11:25 am	Studio 3	Cindy	
	Class meets 7 times			

Classes starting **Saturday, November 2**

Bootcamp - 60 min: 15+ yrs				\$140 member /\$182 non-member
84_FW_1203_60_110219_YHL	7:30 am to 8:30 am	Gym	Naomi	
	Class meets 7 times			

Class Descriptions

Bootcamp - 60 min	This class is about improving your strength and stamina through a rugged workout. Class consists of sports drills, weights, jumping rope, boxing, circuits and interval training. It's great for preparing for events like weddings, reunions, postnatal and other milestones.
Pilates Reformer Group Class - 30 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.
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.
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.
Rollga Recovery and Movement - 45 min	Rollga Recovery & Movement is a 4-week program focused on muscle recovery, fascial health, and functional restoratino of movement. This is the lowest cost to learn from a personal trainer and have group accountability!
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.
WAVE Fit - 45 min	Work out on stand-up paddleboards specially designed for the pool. Challenge your strength and endurance with dynamic exercises on the board while demonstrating balance, coordination and core control.