## 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/stcroixvalleymca |

### BUILDING 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 |

### KIDS STUFF HOURS

<table>
<thead>
<tr>
<th>Kids Stuff Hours</th>
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<tbody>
<tr>
<td>Monday–Friday: M-Th 5:00am–10:00pm, F 5:00am–9:00pm</td>
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<tr>
<td>Saturday: 6:00am–8:00pm</td>
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<td>Sunday: 6:00am–8:00pm</td>
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### 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

**Rolga 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

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### 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

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### 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
Angie
$70 member /$84 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
Angie
$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

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### 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

**Bootcamp - 60 min: 15+ yrs**
84_FW_1203_11_10719_YHL
10:30 am to 11:30 am
Class meets 5 times
Gym
Angie
$100 member /$130 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.
**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 restoration 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.

**REGISTRATION BEGINS SEPTEMBER 24, 2019**

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