



Lino Lakes YMCA Group Training Schedule

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

(651) 795-9622

www.linolakesymca.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-8:30pm, F 8:00am-7:00pm
Saturday:	6:00am-8:00pm	Saturday:	8:00am-1:00pm
Sunday:	6:00am-8:00pm	Sunday:	12:00pm-8:00pm

Classes starting Monday, April 15

Sports Enhancement Training - 30 min: 15+ yrs				\$72 member /\$108 non-member
81_FW_1336_10_041519_YHL	11:00 am to 11:30 am Class meets 6 times	Fitness Center	Dave	
WAVE Fit - 45 min: 14+ yrs				\$96 member /\$132 non-member
81_FW_1361_10_041519_YHL	6:00 pm to 6:45 pm Class meets 6 times	Lap Pool	Laura	
TRX Suspension Trainer Intermediate - 30 min: 15+ yrs				\$72 member /\$108 non-member
81_FW_1310_10_041519_YHL	7:00 pm to 7:30 pm Class meets 6 times	Fitness Floor	Jess	
Kettlebells/TRX Fusion Intermediate - 30 min: 15+ yrs				\$72 member /\$108 non-member
81_FW_1319_10_041519_YHL	7:30 pm to 8:00 pm Class meets 6 times	Fitness Floor	Jess	
WAVE Fit - 45 min: 14+ yrs				\$96 member /\$132 non-member
81_FW_1361_11_041519_YHL	8:30 pm to 9:15 pm Class meets 6 times	Lap Pool	Jess	

Classes starting Tuesday, April 16

Pilates Reformer Group Class - 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1325_20_041619_YHL	6:35 am to 7:05 am Class meets 7 times	Activity Center	Jess	
Pilates Reformer Group Class - 30 min: 15+ yrs				\$72 member /\$108 non-member
81_FW_1325_21_041619_YHL	7:30 am to 8:00 am Class meets 6 times	Activity Center	Kelly Jo	
WAVE Fit - 45 min: 14+ yrs				\$112 member /\$154 non-member
81_FW_1361_20_041619_YHL	8:15 am to 9:00 am Class meets 7 times	Lap Pool	Kelly	
Sports Enhancement Training - 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1336_20_041619_YHL	10:00 am to 10:30 am Class meets 7 times	Fitness Center	Dave	
Pilates Reformer Group Class - 30 min: 15+ yrs				\$60 member /\$90 non-member
81_FW_1325_22_041619_YHL	10:45 am to 11:15 am Class meets 5 times	Activity Center	Kelly Jo	
Sports Enhancement Training - 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1336_21_041619_YHL	11:00 am to 11:30 am Class meets 7 times	Fitness Center	Dave	
Pilates Reformer Group Class - 30 min: 15+ yrs				\$60 member /\$90 non-member
81_FW_1325_23_041619_YHL	11:30 am to 12:00 pm Class meets 5 times	Activity Center	Kelly Jo	
Pilates Reformer Group Class - 60 min: 15+ yrs				\$140 member /\$182 non-member
81_FW_1326_20_041619_YHL	3:30 pm to 4:30 pm Class meets 7 times	Activity Center	Jess	

REGISTRATION BEGINS MARCH 12, 2019

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

Bootcamp - 45 min: 15+ yrs				\$112 member /\$154 non-member
81_FW_1183_20_041619_YHL	5:30 pm to 6:15 pm Class meets 7 times	Fitness Center	Jeff	

TRX Suspension Trainer Beginner - 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1307_20_041619_YHL	6:30 pm to 7:00 pm Class meets 7 times	Fitness Center	Jess	

Pilates Reformer Group Class - 60 min: 15+ yrs				\$140 member /\$182 non-member
81_FW_1326_21_041619_YHL	7:15 pm to 8:15 pm Class meets 7 times	Activity Center	Jess	

Classes starting **Wednesday, April 17**

Performance Reformer - 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1230_30_041719_YHL	7:30 am to 8:00 am Class meets 7 times	Activity Center	Kelly Jo	

Sports Enhancement Training - 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1336_30_041719_YHL	10:30 am to 11:00 am Class meets 7 times	Fitness Center	Dave	

TRX Suspension Trainer Beginner - 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1307_30_041719_YHL	6:30 pm to 7:00 pm Class meets 7 times	Fitness Center	Jess	

Pilates Reformer Group Class - 60 min: 15+ yrs				\$140 member /\$182 non-member
81_FW_1326_30_041719_YHL	7:00 pm to 8:00 pm Class meets 7 times	Activity Center	Jess	

Kettlebells Beginner - 45 min: 15+ yrs				\$112 member /\$154 non-member
81_FW_1328_30_041719_YHL	8:05 pm to 8:50 pm Class meets 7 times	Fitness Center	Jess	

Classes starting **Thursday, April 18**

Kettlebells/TRX Fusion Beginner - 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1316_40_041819_YHL	6:00 am to 6:30 am Class meets 7 times	Fitness Center	Dave	

Sports Enhancement Training - 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1336_40_041819_YHL	7:30 am to 8:00 am Class meets 7 times	Fitness Center	Dave	

Pilates Reformer Group Class - 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1325_40_041819_YHL	10:45 am to 11:15 am Class meets 7 times	Activity Center	Kelly Jo	

Sports Enhancement Training - 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1336_41_041819_YHL	10:45 am to 11:15 am Class meets 7 times	Fitness Center	Dave	

Performance Reformer - 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1230_40_041819_YHL	11:30 am to 12:00 pm Class meets 7 times	Activity Center	Kelly Jo	

Pilates Reformer Group Class - 60 min: 15+ yrs				\$140 member /\$182 non-member
81_FW_1326_40_041819_YHL	4:00 pm to 5:00 pm Class meets 7 times	Activity Center	Jess	

TRX Suspension Trainer Beginner - 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1307_40_041819_YHL	6:30 pm to 7:00 pm Class meets 7 times	Fitness Center	Jess	

Performance Reformer - 60 min: 15+ yrs				\$140 member /\$182 non-member
81_FW_1232_40_041819_YHL	8:00 pm to 9:00 pm Class meets 7 times	Activity Center	Jess	

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Classes starting Friday, April 19

Pilates Reformer Group Class – 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1325_50_041919_YHL	6:35 am to 7:05 am Class meets 7 times	Activity Center	Jess	
TRX Suspension Trainer Advanced – 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1313_50_041919_YHL	7:30 am to 8:00 am Class meets 7 times	Fitness Center	Jess	
Kettlebells/TRX Fusion Advanced – 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1322_50_041919_YHL	8:00 am to 8:30 am Class meets 7 times	Fitness Center	Jess	
WAVE Fit – 45 min: 14+ yrs				\$112 member /\$154 non-member
81_FW_1361_50_041919_YHL	10:30 am to 11:15 am Class meets 7 times	Lap Pool	Kelly	
Bootcamp – 45 min: 15+ yrs				\$112 member /\$154 non-member
81_FW_1183_50_041919_YHL	5:30 pm to 6:15 pm Class meets 7 times	Fitness Center	Jeff	

Classes starting Saturday, April 20

Pilates Reformer Group Class – 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1325_60_042019_YHL	6:15 am to 6:45 am Class meets 7 times	Activity Center	Jess	
TRX Suspension Trainer Beginner – 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1307_60_042019_YHL	7:30 am to 8:00 am Class meets 7 times	Fitness Center	Jess	
Kettlebells/TRX Fusion Intermediate – 30 min: 15+ yrs				\$84 member /\$126 non-member
81_FW_1319_60_042019_YHL	8:00 am to 8:30 am Class meets 7 times	Fitness Center	Jess	

Classes starting Sunday, April 28

Sports Enhancement Training – 30 min: 15+ yrs				\$72 member /\$108 non-member
81_FW_1336_70_042819_YHL	12:30 pm to 1:00 pm Class meets 6 times	Fitness Center	Dave	
WAVE Fit – 45 min: 14+ yrs				\$96 member /\$132 non-member
81_FW_1361_70_042819_YHL	7:00 pm to 7:45 pm Class meets 6 times	Lap Pool	Jocelyn	

Class Descriptions

Bootcamp – 45 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.
Kettlebells Beginner – 45 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.
Kettlebells/TRX Fusion Advanced – 30 min	If you already know beginning and intermediate kettlebells and TRX moves, this total-body class is the ultimate challenge. Since it's a highly effective workout, it's perfect if you're on the fast track to reach your health and fitness goals.
Kettlebells/TRX Fusion Beginner – 30 min	A kettlebell is a traditional Russian cast-iron weight that looks like a cannonball with a handle. A TRX suspension trainer is a tool made of straps that uses your body weight. This total-body class combines the best of kettlebells and TRX for a highly effective and powerful workout. It's perfect if you're on the fast track to reach your health and fitness goals.
Kettlebells/TRX Fusion Intermediate – 30 min	If you already know beginning kettlebells and TRX moves, this total-body class pumps up the power. Since it's a highly effective workout, it's perfect if you're on the fast track to reach your health and fitness goals.

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Performance Reformer - 30 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.
Performance Reformer - 60 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.
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 - 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.
Sports Enhancement Training - 30 min	Fine-tune your performance in your sport of choice with guidance from an expert instructor.
TRX Suspension Trainer Advanced - 30 min	If you already know beginning and intermediate TRX moves, this total-body class is the ultimate challenge. Since it's a highly effective workout, it's perfect if you're on the fast track to reach your health and fitness goals.
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.
TRX Suspension Trainer Intermediate - 30 min	If you already know beginning TRX moves, this total-body class takes toning your upper body, lower body and core to the next level, using your bodyweight.
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.