



# New Hope YMCA Group Training Schedule

Early Fall 2019 - Classes starting between September 9 and October 27

(763) 535-4800

[ymcamn.org/newhope](http://ymcamn.org/newhope)

[www.facebook.com/NewHopeYMCA](http://www.facebook.com/NewHopeYMCA)

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-6:00pm
Saturday:	6:00am-8:00pm	Saturday:	7:50am-2:00pm
Sunday:	6:00am-8:00pm	Sunday:	12:00pm-6:30pm

## Classes starting Monday, September 9

<b>Strength Training for Seniors - 45 min: 55+ yrs</b>				\$70 member /\$84 non-member
24_FW_1306_10_090919_YHL	9:00 am to 9:45 am Class meets 7 times	Studio 3	Amanda	
<b>Strength Training for Seniors - 45 min: 55+ yrs</b>				\$70 member /\$84 non-member
24_FW_1306_11_090919_YHL	11:30 am to 12:15 pm Class meets 7 times	Studio 3	Chelsea	
<b>Circuit Works - 60 min: 18+ yrs</b>				\$140 member /\$182 non-member
24_FW_1186_10_090919_YHL	5:45 pm to 6:45 pm Class meets 7 times	Studio 3	Jaerrod	
<i>Plate Workout</i>				

## Classes starting Tuesday, September 10

<b>Pilates Reformer Group Class - 45 min: 15+ yrs</b>				\$112 member /\$154 non-member
24_FW_1339_20_091019_YHL	6:15 am to 7:00 am Class meets 7 times	Studio 3	Jaerrod	
<b>Circuit Works - 45 min: 18+ yrs</b>				\$112 member /\$154 non-member
24_FW_1224_20_091019_YHL	7:15 am to 8:00 am Class meets 7 times	Studio 3	Jaerrod	
<i>Stretch and Flex</i>				
<b>Circuit Works - 45 min: 18+ yrs</b>				\$112 member /\$154 non-member
24_FW_1224_21_091019_YHL	8:15 am to 9:00 am Class meets 7 times	Studio 3	Jaerrod	
<i>Core Strength &amp; Conditioning</i>				
<b>Pilates Reformer Group Class - 45 min: 15+ yrs</b>				\$112 member /\$154 non-member
24_FW_1339_21_091019_YHL	9:45 am to 10:30 am Class meets 7 times	Studio 3	Jaerrod	
<i>ForeverWell Reformer</i>				
<b>Circuit Works - 60 min: 18+ yrs</b>				\$140 member /\$182 non-member
24_FW_1186_22_091019_YHL	6:00 pm to 7:00 pm Class meets 7 times	Studio 3	Andrea	

## Classes starting Wednesday, September 11

<b>Pilates Reformer Group Class - 45 min: 15+ yrs</b>				\$112 member /\$154 non-member
24_FW_1339_30_091119_YHL	9:00 am to 9:45 am Class meets 7 times	Studio 3	Amanda	
<b>Pilates Reformer Group Class - 45 min: 15+ yrs</b>				\$112 member /\$154 non-member
24_FW_1339_31_091119_YHL	10:00 am to 10:45 am Class meets 7 times	Studio 3	Amanda	
<i>ForeverWell Reformer</i>				
<b>Strength Training for Seniors - 45 min: 55+ yrs</b>				\$70 member /\$84 non-member
24_FW_1306_30_091119_YHL	1:30 pm to 2:15 pm Class meets 7 times	Studio 3	Chelsea	

REGISTRATION BEGINS AUGUST 13, 2019

Class availability varies by location. Schedules subject to change. Please visit [ymcamn.org](http://ymcamn.org) for updated class listings.

**Circuit Works - 30 min: 18+ yrs**  
24\_FW\_1219\_30\_091119\_YHL 6:30 pm to 7:00 pm Studio 3 Rob \$84 member /\$126 non-member  
Class meets 7 times

**Knockout - 30 min (1x/week): 15+ yrs**  
24\_FW\_1180\_30\_091119\_YHL 7:00 pm to 7:30 pm Studio 3 Rob \$84 member /\$126 non-member  
Class meets 7 times

**Classes starting Thursday, September 12**

**Circuit Works - 60 min: 18+ yrs**  
24\_FW\_1186\_40\_091219\_YHL 10:00 am to 11:00 am Studio 3 Trixie \$140 member /\$182 non-member  
Class meets 7 times  
*Strength Train for Runners*

**Strength Training for Seniors - 45 min: 55+ yrs**  
24\_FW\_1306\_40\_091219\_YHL 11:30 am to 12:15 pm Studio 3 Chelsea \$70 member /\$84 non-member  
Class meets 7 times

**Circuit Works - 60 min: 18+ yrs**  
24\_FW\_1186\_41\_091219\_YHL 2:00 pm to 3:00 pm Studio 3 Jaerrod \$140 member /\$182 non-member  
Class meets 7 times  
*Stretch and Flex*

**Pilates Reformer Group Class - 60 min: 15+ yrs**  
24\_FW\_1326\_40\_091219\_YHL 4:00 pm to 5:00 pm Studio 3 Jaerrod \$140 member /\$182 non-member  
Class meets 7 times

**Performance Reformer - 60 min: 15+ yrs**  
24\_FW\_1232\_40\_091219\_YHL 6:15 pm to 7:15 pm Studio 3 Jaerrod \$140 member /\$182 non-member  
Class meets 7 times

**Classes starting Friday, September 13**

**Strength Training for Seniors - 45 min: 55+ yrs**  
24\_FW\_1306\_50\_091319\_YHL 9:00 am to 9:45 am Studio 3 Amanda \$70 member /\$84 non-member  
Class meets 7 times

**Pilates Reformer Group Class - 45 min: 15+ yrs**  
24\_FW\_1339\_50\_091319\_YHL 9:55 am to 10:40 am Studio 3 Amanda \$112 member /\$154 non-member  
Class meets 7 times  
*ForeverWell Reformer*

**Topical Yoga Workshop - 45 mins: 16+ yrs**  
24\_FW\_1351\_51\_091319\_YHL 10:50 am to 11:35 am Studio 3 Charlotte \$56 member /\$73 non-member  
Class meets 7 times  
*Yoga Fundamentals*

**Topical Yoga Workshop - 30 mins: 16+ yrs**  
24\_FW\_1352\_50\_091319\_YHL 11:45 am to 12:15 pm Studio 3 Charlotte \$42 member /\$55 non-member  
Class meets 7 times  
*Meditation-Yoga Nidra*

**Pilates Reformer Group Class - 60 min: 15+ yrs**  
24\_FW\_1326\_51\_091319\_YHL 6:00 pm to 7:00 pm Studio 3 Jaerrod \$140 member /\$182 non-member  
Class meets 7 times

**Classes starting Saturday, September 14**

**TRX Suspension Trainer Advanced - 45 min: 15+ yrs**  
24\_FW\_1314\_60\_091419\_YHL 8:00 am to 8:45 am Studio 3 Chelsea \$112 member /\$154 non-member  
Class meets 7 times

**Knockout - 30 min (1x/week): 15+ yrs**  
24\_FW\_1180\_60\_091419\_YHL 8:45 am to 9:15 am Studio 3 Chelsea \$84 member /\$126 non-member  
Class meets 7 times

<b>Kettlebells/TRX Fusion Intermediate - 45 min: 15+ yrs</b>	24_FW_1320_60_091419_YHL	9:15 am to 10:00 am Class meets 7 times	Studio 3	Chelsea	\$112 member /\$154 non-member
<b>Pilates Reformer Group Class - 60 min: 15+ yrs</b>	24_FW_1326_60_091419_YHL	10:00 am to 11:00 am Class meets 7 times	Studio 3	Jaerrod	\$140 member /\$182 non-member
<b>Sports Enhancement Training - 60 min: 15+ yrs</b>	24_FW_1338_60_091419_YHL	11:00 am to 12:00 pm Class meets 7 times	Studio 3	Jaerrod	\$140 member /\$182 non-member

*Olympic Lifting 101*

### Classes starting Sunday, September 15

<b>Kettlebox - 60 min: 18+ yrs</b>	24_FW_1191_70_091519_YHL	4:00 pm to 5:00 pm Class meets 7 times	Studio 3	Rob	\$140 member /\$182 non-member
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### Class Descriptions

<b>Circuit Works - 30 min</b>	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.
<b>Circuit Works - 45 min</b>	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.
<b>Circuit Works - 60 min</b>	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.
<b>Kettlebells/TRX Fusion Intermediate - 45 min</b>	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.
<b>Kettlebox - 60 min</b>	This one-two punch of a workout combines kettlebell moves with boxing technique. Challenge yourself with this high-intensity class designed to help you bring the skill, ferocity and physique of a fighter to your everyday arena.
<b>Knockout - 30 min (1x/week)</b>	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.
<b>Performance Reformer - 60 min</b>	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.
<b>Pilates Reformer Group Class - 45 min</b>	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.
<b>Pilates Reformer Group Class - 60 min</b>	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.
<b>Sports Enhancement Training - 60 min</b>	Fine-tune your performance in your sport of choice with guidance from an expert instructor.
<b>Strength Training for Seniors - 45 min</b>	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.
<b>Topical Yoga Workshop - 30 mins</b>	Dive deeper into your yoga practice with topics the class chooses. This class is customized to help you create a successful and effective yoga practice.

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**Topical Yoga Workshop - 45 mins**

Dive deeper into your yoga practice with topics the class chooses. This class is customized to help you create a successful and effective yoga practice.

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**TRX Suspension Trainer Advanced - 45 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.

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