



# Ridgedale YMCA Group Training Schedule

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

(952) 544-7708

[www.ridgedaleyca.org](http://www.ridgedaleyca.org)

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

## BUILDING HOURS

**Monday-Friday:** M-Th 5:00am-10:00pm, F 5:00am-9:00pm  
**Saturday:** 6:00am-8:00pm  
**Sunday:** 6:00am-8:00pm

## KIDS STUFF HOURS

**Monday-Friday:** M-Th 8:00am-8:00pm, F 8:00am-7:00pm  
**Saturday:** 8:00am-1:00pm  
**Sunday:** 8:00am-1:00pm

### Classes starting Monday, April 15

#### Pilates Reformer Group Class - 60 min: 15+ yrs

22_FW_1326_10_041519_YHL	8:00 am to 9:00 am Class meets 6 times	Reformer Studio	Renee K	\$120 member /\$156 non-member
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*Please leave this at 0 for capacity. I will open it up manually*

#### Pilates Reformer Group Class - 60 min: 15+ yrs

22_FW_1326_11_041519_YHL	9:05 am to 10:05 am Class meets 6 times	Reformer Studio	Renee K	\$120 member /\$156 non-member
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#### Pilates Reformer Group Class - 60 min: 15+ yrs

22_FW_1326_12_041519_YHL	10:10 am to 11:10 am Class meets 6 times	Reformer Studio	Renee K	\$120 member /\$156 non-member
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#### Pilates Reformer Group Class - 60 min: 15+ yrs

22_FW_1326_13_041519_YHL	6:30 pm to 7:30 pm Class meets 6 times	Reformer Studio	Renee K	\$120 member /\$156 non-member
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### Classes starting Tuesday, April 16

#### Pilates Reformer Group Class - 60 min: 15+ yrs

22_FW_1326_20_041619_YHL	9:00 am to 10:00 am Class meets 7 times	Reformer Studio	Renee K	\$140 member /\$182 non-member
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#### Pilates Reformer Group Class - 60 min: 15+ yrs

22_FW_1326_21_041619_YHL	10:00 am to 11:00 am Class meets 7 times	Reformer Studio	Renee K	\$140 member /\$182 non-member
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#### Pilates Reformer Group Class - 60 min: 15+ yrs

22_FW_1326_22_041619_YHL	6:00 pm to 7:00 pm Class meets 7 times	Reformer Studio	Christina W	\$140 member /\$182 non-member
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### Classes starting Thursday, April 18

#### Pilates Reformer Group Class - 60 min: 15+ yrs

22_FW_1326_40_041819_YHL	7:00 pm to 8:00 pm Class meets 7 times	Reformer Studio	Ellen S	\$140 member /\$182 non-member
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### Classes starting Friday, April 19

#### Pilates Reformer Group Class - 60 min: 15+ yrs

22_FW_1326_50_041919_YHL	9:00 am to 10:00 am Class meets 7 times	Reformer Room	Kayla S	\$140 member /\$182 non-member
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### Classes starting Saturday, April 20

#### Pilates Reformer Group Class - 60 min: 15+ yrs

22_FW_1326_60_042019_YHL	11:00 am to 12:00 pm Class meets 7 times	Reformer Studio	Kayla S	\$140 member /\$182 non-member
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### Classes starting Other Days During Late Spring Session

#### Restorative Yoga 75 Min: 15+ yrs

22_FW_1202_051119_YHL	Sat -2:15 pm to 3:30 pm Class meets 4 times starting May 11		Ellen S.	\$76 member /\$108 non-member
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**REGISTRATION BEGINS MARCH 12, 2019**

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

### Class Descriptions

**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.

**Restorative Yoga 75 Min**

Uses a combination of passive and supported poses to allow the body to relax, rejuvenate and heal.

**Topical Yoga Workshop - 90 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.