### BUILDING HOURS

<table>
<thead>
<tr>
<th>Monday–Friday:</th>
<th>Monday–Friday:</th>
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<tbody>
<tr>
<td>M–Th 5 AM–10 PM, F 5 AM–9 PM</td>
<td>M–Th 8 AM–1:30 PM &amp; 3:30–8 PM, F 8 AM–1:30 PM &amp; 3:30–7 PM</td>
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<td>Saturday:</td>
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<td>6 AM–8 PM</td>
<td>8 AM–1 PM</td>
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<td>Sunday:</td>
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<tr>
<td>6 AM–8 PM</td>
<td>9 AM–1 PM</td>
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### KIDS STUFF HOURS

<table>
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<th>Monday–Friday:</th>
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<tr>
<td>M–Th 8 AM–1:30 PM &amp; 3:30–8 PM, F 8 AM–1:30 PM &amp; 3:30–7 PM</td>
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<td>Saturday:</td>
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<td>Sunday:</td>
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<td>9 AM–3:30 PM</td>
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### Classes starting Monday, April 20

**Pilates Reformer Group Class – 60 min: 15+ yrs**

- Cost: $120 member / $156 non-member
- Duration: 8:00 am to 9:00 am
- Location: Reformer Studio
- Instructor: Renee K

**Pilates Reformer Group Class – 60 min: 15+ yrs**

- Cost: $120 member / $156 non-member
- Duration: 9:05 am to 10:05 am
- Location: Reformer Studio
- Instructor: Renee K

**Pilates Reformer Group Class – 60 min: 15+ yrs**

- Cost: $120 member / $156 non-member
- Duration: 10:10 am to 11:10 am
- Location: Reformer Studio
- Instructor: Renee K

**Women on Weights – 45 min: 18+ yrs**

- Cost: $96 member / $132 non-member
- Duration: 5:30 pm to 6:15 pm
- Location: Fitness Center
- Instructor: Bayley

**Pilates Reformer Group Class – 60 min: 15+ yrs**

- Cost: $120 member / $156 non-member
- Duration: 6:30 pm to 7:30 pm
- Location: Reformer Studio
- Instructor: Renee K

### Classes starting Thursday, April 23

**Women on Weights – 45 min: 18+ yrs**

- Cost: $112 member / $154 non-member
- Duration: 5:30 pm to 6:15 pm
- Location: Fitness Center
- Instructor: Bayley

### Classes starting Friday, April 24

**Pilates Reformer Group Class – 60 min: 15+ yrs**

- Cost: $140 member / $182 non-member
- Duration: 9:00 am to 10:00 am
- Location: Reformer Room
- Instructor: Kayla S

**Pilates Reformer Group Class – 60 min: 15+ yrs**

- Cost: $120 member / $156 non-member
- Duration: 8:30 am to 9:30 am
- Location: Reformer Studio
- Instructor: Bayley N

**Pilates Reformer Group Class – 60 min: 15+ yrs**

- Cost: $140 member / $182 non-member
- Duration: 10:00 am to 11:00 am
- Location: Reformer Studio
- Instructor: Kayla S

### 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.

### REGISTRATION BEGINS MARCH 17, 2020

Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.
Work with a certified personal trainer on strength training specifically designed for women. Gain muscular strength and endurance in this highly effective class.