### BUILDING HOURS

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

### KIDS STUFF HOURS

<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday-Friday</td>
<td>M-Th 8:30am-8:30pm, F 8:30am-7:00pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:00am-3:00pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>8:30am-6:30pm</td>
</tr>
</tbody>
</table>

### Classes starting Monday, October 28

- **Circuit Works** - 45 min: 18+ yrs
  - 36_FW_1224_10_102819_YHL
  - 9:30 am to 10:15 am
  - Fitness Center
  - Paul
  - $64 member / $88 non-member
  - Class meets 4 times

- **Muscle Stretch and Release** - 45 min: 16+ yrs
  - 36_FW_1340_10_102819_YHL
  - 10:00 am to 10:45 am
  - Fitness Center
  - Ernest
  - $64 member / $88 non-member
  - Class meets 4 times

- **Pilates Reformer Group Class** - 45 min: 15+ yrs
  - 36_FW_1339_10_102819_YHL
  - 11:00 am to 11:45 am
  - Pilates Reformer Studio
  - Darcy
  - $112 member / $154 non-member
  - Class meets 7 times

### Classes starting Tuesday, October 29

- **Pilates Reformer Group Class** - 45 min: 15+ yrs
  - 36_FW_1339_20_102919_YHL
  - 10:30 am to 11:15 am
  - Pilates Reformer Studio
  - Darcy
  - $112 member / $154 non-member
  - Class meets 7 times

- **Pilates Reformer Group Class** - 45 min: 15+ yrs
  - 36_FW_1339_21_102919_YHL
  - 8:30 am to 9:15 am
  - Pilates Reformer Studio
  - Darcy
  - $112 member / $154 non-member
  - Class meets 7 times

- **TRX Suspension Trainer Beginner** - 45 min: 15+ yrs
  - 36_FW_1308_20_102919_YHL
  - 5:30 pm to 6:15 pm
  - Fitness Center
  - Paul
  - $64 member / $88 non-member
  - Class meets 4 times

- **Pilates Reformer Group Class** - 45 min: 15+ yrs
  - 36_FW_1339_22_102919_YHL
  - 6:30 pm to 7:15 pm
  - Pilates Reformer Studio
  - Darcy
  - $112 member / $154 non-member
  - Class meets 7 times

### Classes starting Wednesday, October 30

- **Circuit Works** - 45 min: 18+ yrs
  - 36_FW_1224_30_103019_YHL
  - 9:30 am to 10:15 am
  - Fitness Center
  - Paul
  - $64 member / $88 non-member
  - Class meets 4 times

- **Muscle Stretch and Release** - 45 min: 16+ yrs
  - 36_FW_1340_30_103019_YHL
  - 10:00 am to 10:45 am
  - Fitness Center
  - Ernest
  - $64 member / $88 non-member
  - Class meets 4 times

### Classes starting Thursday, November 7

- **Pilates Reformer Group Class** - 45 min: 15+ yrs
  - 36_FW_1339_40_110719_YHL
  - 9:30 am to 10:15 am
  - Pilates Reformer Studio
  - Jill
  - $112 member / $154 non-member
  - Class meets 7 times

---

**REGISTRATION BEGINS SEPTEMBER 24, 2019**

*Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.*
Pilates Reformer Group Class - 45 min: 15+ yrs
36_FW_1339_41_110719_YHL
10:30 am to 11:15 am
Pilates Reformer Studio
Darcy
$96 member /$132 non-member

No Class On Thanksgiving

WAVE Fit - 45 min: 14+ yrs
36_FW_1361_40_110719_YHL
12:00 pm to 12:45 pm
Pool
Sarah
$64 member /$88 non-member

TRX Suspension Trainer Beginner - 45 min: 15+ yrs
36_FW_1308_40_110719_YHL
5:30 pm to 6:15 pm
Fitness Center
Paul
$64 member /$88 non-member

Classes starting Friday, November 1

Pilates Reformer Group Class - 45 min: 15+ yrs
36_FW_1339_50_110119_YHL
9:30 am to 10:15 am
Pilates Reformer Studio
Darcy
$96 member /$132 non-member

No Class 11/29/19

Muscle Stretch and Release - 45 min: 16+ yrs
36_FW_1340_50_110119_YHL
10:00 am to 10:45 am
Fitness Center
Ernest
$64 member /$88 non-member

Classes starting Saturday, November 2

Pilates Reformer Group Class - 45 min: 15+ yrs
36_FW_1339_61_110219_YHL
9:00 am to 9:45 am
Pilates Reformer Studio
Darcy
$96 member /$132 non-member

No Class 11/30/19

Pilates Reformer Group Class - 45 min: 15+ yrs
36_FW_1339_61_110219_YHL
10:00 am to 10:45 am
Pilates Reformer Studio
Darcy
$96 member /$132 non-member

No Class 11/30/19

Sports Enhancement Training - 45 min: 15+ yrs
36_FW_1337_60_110219_YHL
10:00 am to 10:45 am
Fitness Center
Wyatt
$112 member /$154 non-member

Class Descriptions

Circuit Works - 45 min
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.

Muscle Stretch and Release - 45 min
Come to this class for assisted stretching and foam rolling, which provides myofascial release—all with guidance from an experienced Personal Trainer.

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.

Sports Enhancement Training - 45 min
Fine-tune your performance in your sport of choice with guidance from an expert instructor.

TRX Suspension Trainer Beginner - 45 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.

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.