



# River Valley YMCA Group Training Schedule

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

(952) 230-9622

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

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

## 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 8:30am-8:30pm, F 8:30am-7:00pm  
**Saturday:** 8:00am-3:00pm  
**Sunday:** 8:30am-6:30pm

### Classes starting **Monday, September 9**

#### TRX Suspension Trainer Beginner - 45 min: 15+ yrs

36\_FW\_1308\_10\_090919\_YHL 9:00 am to 9:45 am Fitness Center Wyatt \$112 member /\$154 non-member  
 Class meets 7 times

#### Pilates Reformer Group Class - 45 min: 15+ yrs

36\_FW\_1339\_10\_090919\_YHL 11:00 am to 11:45 am Pilates Studio Darcy \$112 member /\$154 non-member  
 Class meets 7 times

#### TRX Suspension Trainer Beginner - 45 min: 15+ yrs

36\_FW\_1308\_11\_090919\_YHL 11:00 am to 11:45 am Fitness Center Wyatt \$112 member /\$154 non-member  
 Class meets 7 times

#### Circuit Works - 30 min: 18+ yrs

36\_FW\_1219\_10\_090919\_YHL 4:00 pm to 4:30 pm Fitness Center Paul \$84 member /\$126 non-member  
 Class meets 7 times  
*Total Body Workout*

#### Circuit Works - 30 min: 18+ yrs

36\_FW\_1219\_11\_090919\_YHL 4:30 pm to 5:00 pm Fitness Center Paul \$84 member /\$126 non-member  
 Class meets 7 times  
*Total Body Workout*

### Classes starting **Tuesday, September 10**

#### Pilates Reformer Group Class - 45 min: 15+ yrs

36\_FW\_1339\_20\_091019\_YHL 9:30 am to 10:15 am Pilates Studio Amy \$112 member /\$154 non-member  
 Class meets 7 times

#### Pilates Reformer Group Class - 45 min: 15+ yrs

36\_FW\_1339\_21\_091019\_YHL 10:30 am to 11:15 am Pilates Studio Darcy \$112 member /\$154 non-member  
 Class meets 7 times

#### Circuit Works - 30 min: 18+ yrs

36\_FW\_1219\_20\_091019\_YHL 4:00 pm to 4:30 pm Fitness Center Paul \$84 member /\$126 non-member  
 Class meets 7 times  
*Total Body Workout*

#### Pilates Reformer Group Class - 45 min: 15+ yrs

36\_FW\_1339\_22\_091019\_YHL 5:30 pm to 6:15 pm Pilates Studio Darcy \$112 member /\$154 non-member  
 Class meets 7 times

#### Circuit Works - 30 min: 18+ yrs

36\_FW\_1219\_21\_091019\_YHL 6:00 pm to 6:30 pm Fitness Center Paul \$84 member /\$126 non-member  
 Class meets 7 times  
*Total Body Workout*

#### Pilates Reformer Group Class - 45 min: 15+ yrs

36\_FW\_1339\_23\_091019\_YHL 6:30 pm to 7:15 pm Pilates Studio Darcy \$112 member /\$154 non-member  
 Class meets 7 times

### Classes starting **Wednesday, September 11**

**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.*

<b>Circuit Works - 30 min: 18+ yrs</b>	36_FW_1219_30_091119_YHL	9:00 am to 9:30 am Class meets 7 times	Fitness Center	Paul	\$84 member /\$126 non-member
<i>Total Body Workout</i>					
<b>Strength Training for Seniors - 45 min: 55+ yrs</b>	36_FW_1306_30_091119_YHL	9:30 am to 10:15 am Class meets 7 times	Fitness Center	Wyatt	\$70 member /\$84 non-member
<b>TRX Suspension Trainer Beginner - 45 min: 15+ yrs</b>	36_FW_1308_30_091119_YHL	10:00 am to 10:45 am Class meets 7 times	Fitness Center	Wyatt	\$112 member /\$154 non-member
<b>Circuit Works - 30 min: 18+ yrs</b>	36_FW_1219_31_091119_YHL	4:00 pm to 4:30 pm Class meets 7 times	Fitness Center	Paul	\$84 member /\$126 non-member
<i>Total Body Workout</i>					

### Classes starting Thursday, September 12

<b>Pilates Reformer Group Class - 45 min: 15+ yrs</b>	36_FW_1339_40_091219_YHL	9:30 am to 10:15 am Class meets 7 times	Pilates Studio	Jill	\$112 member /\$154 non-member
<b>WAVE Fusion - 45 min: 14+ yrs</b>	36_FW_1366_40_091219_YHL	9:30 am to 10:15 am Class meets 7 times	Pool	Lindsay	\$112 member /\$154 non-member
<b>Pilates Reformer Group Class - 45 min: 15+ yrs</b>	36_FW_1339_41_091219_YHL	10:30 am to 11:15 am Class meets 7 times	Pilates Studio	Darcy	\$112 member /\$154 non-member

### Classes starting Friday, September 13

<b>Pilates Reformer Group Class - 45 min: 15+ yrs</b>	36_FW_1339_50_091319_YHL	9:30 am to 10:15 am Class meets 7 times	Pilates Studio	Darcy	\$112 member /\$154 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>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>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>TRX Suspension Trainer Beginner - 45 min</b>	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.
<b>WAVE Fusion - 45 min</b>	Combination of WAVE Fit and WAVE Yoga.

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