



# Shoreview YMCA Group Training Schedule

Late Fall 2019 - Classes starting between October 28 and December 31

(651) 483-2671

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

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

BUILDING HOURS		KIDS STUFF HOURS	
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Monday-Friday: M-Th 5:00am-10:00pm, F 5:00am-9:00pm  
 Saturday: 6:00am-8:00pm  
 Sunday: 6:00am-8:00pm

Monday-Friday: M-Th 8:30am-8:30pm, F 8:30am-7:00pm  
 Saturday: 9:00am-1:00pm  
 Sunday: 9:00am-12:00pm

### Classes starting Monday, October 28

Circuit Works - 45 min: 18+ yrs 89_FW_1224_10_102819_YHL	9:30 am to 10:15 am Class meets 7 times	Fitness Center	Joe	\$112 member /\$154 non-member
Building Better Balance - 45 min: 18+ yrs 89_FW_1031_10_102819_YHL	12:00 pm to 12:45 pm Class meets 7 times	Mind Body	Paula	\$70 member /\$84 non-member
Strength Training for Seniors - 45 min: 55+ yrs 89_FW_1306_10_102819_YHL	12:00 pm to 12:45 pm Class meets 7 times	Activity Center	Patti	\$70 member /\$84 non-member
Topical Yoga Workshop - 90 mins: 16+ yrs 89_FW_1354_10_102819_YHL	5:00 pm to 6:30 pm Class meets 7 times	Meeting Room	Tamara	\$126 member /\$168 non-member
Barre - 45 min: 15+ yrs 89_FW_1182_10_102819_YHL	6:45 pm to 7:30 pm Class meets 7 times	Mind Body	Denise	\$112 member /\$154 non-member
Circuit Works - 45 min: 18+ yrs 89_FW_1224_11_102819_YHL	7:00 pm to 7:45 pm Class meets 7 times	Studio	Mark	\$112 member /\$154 non-member

### Classes starting Tuesday, October 29

Rollga Recovery and Movement - 45 min: 15+ yrs 89_FW_1205_20_102919_YHL	10:00 am to 10:45 am Class meets 7 times	Studio	Joe	\$105 member /\$175 non-member
Meditation - 60 min: 15+ yrs 89_FW_1163_20_102919_YHL	10:30 am to 11:30 am Class meets 7 times	Meeting Room	Patti	\$56 member /\$112 non-member
Meditation - 60 min: 15+ yrs 89_FW_1163_21_102919_YHL	11:30 am to 12:30 pm Class meets 7 times	Meeting Room	Patti	\$56 member /\$112 non-member
Pilates Reformer Group Class - 60 min: 15+ yrs 89_FW_1326_20_102919_YHL	12:15 pm to 1:15 pm Class meets 7 times	Mind Body	Denise	\$140 member /\$182 non-member
Meditation - 60 min: 15+ yrs 89_FW_1163_22_102919_YHL	1:15 pm to 2:15 pm Class meets 7 times	Fusion Studio	Patti	\$56 member /\$112 non-member
Pilates Reformer Group Class - 60 min: 15+ yrs 89_FW_1326_21_102919_YHL	1:30 pm to 2:30 pm Class meets 7 times	Mind Body	Denise	\$140 member /\$182 non-member
Circuit Works - 45 min: 18+ yrs 89_FW_1224_20_102919_YHL	6:00 pm to 6:45 pm Class meets 7 times	PT studio	Jake	\$112 member /\$154 non-member

REGISTRATION BEGINS SEPTEMBER 24, 2019

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

Topical Yoga Workshop - 60 mins: 16+ yrs	6:30 pm to 7:30 pm	Meeting Room	Andrea	\$70 member /\$91 non-member
89_FW_1350_20_102919_YHL	Class meets 7 times			

**Classes starting Wednesday, October 30**

Strength Training for Seniors - 45 min: 55+ yrs	9:00 am to 9:45 am	Studio	Joe	\$70 member /\$84 non-member
89_FW_1306_30_103019_YHL	Class meets 7 times			

Pilates Reformer Group Class - 60 min: 15+ yrs	11:15 am to 12:15 pm	Mind Body	Denise	\$140 member /\$182 non-member
89_FW_1326_30_103019_YHL	Class meets 7 times			

Meditation - 60 min: 15+ yrs	1:15 pm to 2:15 pm	Fusion Studio	Patti	\$56 member /\$112 non-member
89_FW_1163_30_103019_YHL	Class meets 7 times			

Pilates Reformer Group Class - 60 min: 15+ yrs	5:30 pm to 6:30 pm	Mind Body	Denise	\$140 member /\$182 non-member
89_FW_1326_31_103019_YHL	Class meets 7 times			

Circuit Works - 45 min: 18+ yrs	6:00 pm to 6:45 pm	PT Studio	Jake	\$112 member /\$154 non-member
89_FW_1224_30_103019_YHL	Class meets 7 times			

Pilates Reformer Group Class - 60 min: 15+ yrs	6:40 pm to 7:40 pm	Mindy Body	Denise	\$140 member /\$182 non-member
89_FW_1326_32_103019_YHL	Class meets 7 times			

**Classes starting Thursday, October 31**

Pilates Reformer Group Class - 60 min: 15+ yrs	9:15 am to 10:15 am	Mind Body	Denise	\$120 member /\$156 non-member
89_FW_1326_40_103119_YHL	Class meets 6 times			

Pilates Reformer Group Class - 60 min: 15+ yrs	10:25 am to 11:25 am	Mind Body	Denise	\$120 member /\$156 non-member
89_FW_1326_41_103119_YHL	Class meets 6 times			

Strength Training for Seniors - 45 min: 55+ yrs	12:00 pm to 12:45 pm	Activity Center	Patti	\$60 member /\$72 non-member
89_FW_1306_40_103119_YHL	Class meets 6 times			

Circuit Works - 30 min: 18+ yrs	6:00 pm to 6:30 pm	PT Studio	Denise	\$72 member /\$108 non-member
89_FW_1219_40_103119_YHL	Class meets 6 times			

Pilates Reformer Group Class - 60 min: 15+ yrs	6:40 pm to 7:40 pm	Mind Body	Denise	\$120 member /\$156 non-member
89_FW_1326_42_103119_YHL	Class meets 6 times			

**Classes starting Friday, November 1**

Topical Yoga Workshop - 90 mins: 16+ yrs	9:00 am to 10:30 am	Meeting Room	Jessica	\$126 member /\$168 non-member
89_FW_1354_50_110119_YHL	Class meets 7 times			

Building Better Balance - 45 min: 18+ yrs	12:00 pm to 12:45 pm	Mind Body	Paula	\$70 member /\$84 non-member
89_FW_1031_50_110119_YHL	Class meets 7 times			

Strength Training for Seniors - 45 min: 55+ yrs	12:00 pm to 12:45 pm	Studio	Joe	\$70 member /\$84 non-member
89_FW_1306_50_110119_YHL	Class meets 7 times			

## Classes starting Saturday, November 2

Pilates Reformer Group Class - 60 min: 15+ yrs 89_FW_1326_60_110219_YHL	10:15 am to 11:15 am Class meets 7 times	Mind Body	Paula	\$140 member /\$182 non-member
Pilates Reformer Group Class - 60 min: 15+ yrs 89_FW_1326_61_110219_YHL	11:30 am to 12:30 pm Class meets 7 times	Mind Body	Paula	\$140 member /\$182 non-member

## Class Descriptions

Barre - 45 min	A unique blend of yoga, Pilates, and strength training, this class is centered around traditional ballet barre drills. Find your strength and achieve amazing results!
Building Better Balance - 45 min	Improve balance and mobility, help prevent falls and build confidence to complete the tasks of daily living with this community-based program. Get empowered to function in many different environments.
Circuit Works - 30 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.
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.
Meditation - 60 min	Learn mindfulness techniques through group led guided meditation. Find more balance and calm in your life by adding a meditation practice to your wellbeing routine.
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.
Rollga Recovery and Movement - 45 min	Rollga Recovery & Movement is a 4-week program focused on muscle recovery, fascial health, and functional restoratio of movement. This is the lowest cost to learn from a personal trainer and have group accountability!
Strength Training for Seniors - 45 min	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.
Topical Yoga Workshop - 60 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.
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.