# Group Training Schedule

**Late Spring 2020 - Classes starting between April 20 and June 7**

**Shoreview YMCA**
(651) 483-2671  
ymcamn.org/shoreview  
www.facebook.com/northwestfamilyymca

<table>
<thead>
<tr>
<th>Building Hours</th>
<th>Kids Stuff Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday-Friday:</td>
<td>M-Th 8:30 AM-1:30 PM &amp; 3:30-8:30 PM, F 8:30 AM-1:30 PM &amp; 3:30-7 PM</td>
</tr>
<tr>
<td>Saturday:</td>
<td>8-1 PM</td>
</tr>
<tr>
<td>Sunday:</td>
<td>9 AM-1 PM</td>
</tr>
</tbody>
</table>

## Classes starting Monday, April 20

**Circuit Works - 45 min: 18+ yrs**
- 9:30 am to 10:15 am
- Fitness Center
- Joe
- $96 member / $132 non-member

**Pilates Reformer Group Class - 45 min: 15+ yrs**
- 11:00 am to 11:45 am
- Mind Body
- Patti
- $96 member / $132 non-member

**Building Better Balance - 45 min: 18+ yrs**
- 12:00 pm to 12:45 pm
- Mind Body
- Paula
- $60 member / $72 non-member

**Meditation - 60 min: 15+ yrs**
- 1:00 pm to 2:00 pm
- Meeting Room
- Patti
- $48 member / $96 non-member

**Strength Training for Seniors - 45 min: 55+ yrs**
- 2:00 pm to 2:45 pm
- Activity Center
- Patti
- $60 member / $72 non-member

**Pilates Reformer Group Class - 60 min: 15+ yrs**
- 5:30 pm to 6:30 pm
- Mind Body
- Jake
- $120 member / $156 non-member

**Barre - 45 min: 15+ yrs**
- 6:45 pm to 7:30 pm
- Mind Body
- Denise
- $96 member / $132 non-member

**Circuit Works - 45 min: 18+ yrs**
- 7:00 pm to 7:45 pm
- Studio
- Mark
- $96 member / $132 non-member

## Classes starting Tuesday, April 21

**Rollga Recovery and Movement - 45 min: 15+ yrs**
- 10:00 am to 10:45 am
- Studio
- Joe
- $105 member / $175 non-member

**Meditation - 60 min: 15+ yrs**
- 10:30 am to 11:30 am
- Meeting Room
- Patti
- $56 member / $112 non-member

**Meditation - 60 min: 15+ yrs**
- 11:30 am to 12:30 pm
- Meeting Room
- Patti
- $56 member / $112 non-member

**Pilates Reformer Group Class - 60 min: 15+ yrs**
- 12:15 pm to 1:15 pm
- Mind Body
- Denise
- $140 member / $182 non-member

---

**REGISTRATION BEGINS MARCH 17, 2020**

Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.
<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Member Fee</th>
<th>Non-Member Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meditation – 60 min: 15+ yrs</td>
<td>1:15 pm to 2:15 pm</td>
<td>Fusion Studio</td>
<td>Patti</td>
<td>$56 member</td>
<td>$112 non-member</td>
</tr>
<tr>
<td>Pilates Reformer Group Class – 60 min: 15+ yrs</td>
<td>1:30 pm to 2:30 pm</td>
<td>Mind Body</td>
<td>Denise</td>
<td>$140 member</td>
<td>$182 non-member</td>
</tr>
<tr>
<td>Circuit Works – 45 min: 18+ yrs</td>
<td>6:00 pm to 6:45 pm</td>
<td>PT studio</td>
<td>Jake</td>
<td>$112 member</td>
<td>$154 non-member</td>
</tr>
</tbody>
</table>

**Classes starting Wednesday, April 22**

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Member Fee</th>
<th>Non-Member Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates Reformer Group Class – 60 min: 15+ yrs</td>
<td>6:00 am to 7:00 am</td>
<td>Mind Body</td>
<td>Jake</td>
<td>$140 member</td>
<td>$182 non-member</td>
</tr>
<tr>
<td>Strength Training for Seniors – 45 min: 55+ yrs</td>
<td>9:00 am to 9:45 am</td>
<td>PT Studio</td>
<td>Joe</td>
<td>$70 member</td>
<td>$84 non-member</td>
</tr>
<tr>
<td>Pilates Reformer Group Class – 60 min: 15+ yrs</td>
<td>11:15 am to 12:15 pm</td>
<td>Mind Body</td>
<td>Denise</td>
<td>$140 member</td>
<td>$182 non-member</td>
</tr>
<tr>
<td>Meditation – 60 min: 15+ yrs</td>
<td>1:30 pm to 2:30 pm</td>
<td>Fusion Studio</td>
<td>Patti</td>
<td>$56 member</td>
<td>$112 non-member</td>
</tr>
<tr>
<td>Pilates Reformer Group Class – 60 min: 15+ yrs</td>
<td>5:30 pm to 6:30 pm</td>
<td>Mind Body</td>
<td>Denise</td>
<td>$140 member</td>
<td>$182 non-member</td>
</tr>
<tr>
<td>Circuit Works – 45 min: 18+ yrs</td>
<td>6:00 pm to 6:45 pm</td>
<td>PT Studio</td>
<td>Jake</td>
<td>$112 member</td>
<td>$154 non-member</td>
</tr>
<tr>
<td>Pilates Reformer Group Class – 60 min: 15+ yrs</td>
<td>6:40 pm to 7:40 pm</td>
<td>Mindy Body</td>
<td>Denise</td>
<td>$140 member</td>
<td>$182 non-member</td>
</tr>
</tbody>
</table>

**Classes starting Thursday, April 23**

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Member Fee</th>
<th>Non-Member Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates Reformer Group Class – 60 min: 15+ yrs</td>
<td>9:15 am to 10:15 am</td>
<td>Mind Body</td>
<td>Denise</td>
<td>$140 member</td>
<td>$182 non-member</td>
</tr>
<tr>
<td>Pilates Reformer Group Class – 60 min: 15+ yrs</td>
<td>10:25 am to 11:25 am</td>
<td>Mind Body</td>
<td>Denise</td>
<td>$140 member</td>
<td>$182 non-member</td>
</tr>
<tr>
<td>Strength Training for Seniors – 45 min: 55+ yrs</td>
<td>12:00 pm to 12:45 pm</td>
<td>Activity Center</td>
<td>Patti</td>
<td>$70 member</td>
<td>$84 non-member</td>
</tr>
<tr>
<td>Circuit Works – 30 min: 18+ yrs</td>
<td>6:00 pm to 6:30 pm</td>
<td>PT Studio</td>
<td>Denise</td>
<td>$84 member</td>
<td>$126 non-member</td>
</tr>
<tr>
<td>Pilates Reformer Group Class – 60 min: 15+ yrs</td>
<td>6:40 pm to 7:40 pm</td>
<td>Mind Body</td>
<td>Denise</td>
<td>$140 member</td>
<td>$182 non-member</td>
</tr>
</tbody>
</table>

REGISTRATION BEGINS MARCH 17, 2020

Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.
### Classes starting Friday, April 24

**Building Better Balance - 45 min: 18+ yrs**

- **Class:** 12:00 pm to 12:45 pm
- **Location:** 1200 pm to 12:45 pm
- **Frequency:** 7 times

- **Instructor:** Mind Body
- **Cost:** $70 member / $84 non-member

**Strength Training for Seniors - 45 min: 55+ yrs**

- **Class:** 12:00 pm to 12:45 pm
- **Location:** PT Studio
- **Frequency:** 6 times

- **Instructor:** Joe
- **Cost:** $70 member / $84 non-member

### Classes starting Saturday, April 25

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

- **Class:** 10:15 am to 11:15 am
- **Location:** Mind Body
- **Frequency:** 6 times

- **Instructor:** Paula
- **Cost:** $120 member / $156 non-member

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

- **Class:** 11:30 am to 12:30 pm
- **Location:** Mind Body
- **Frequency:** 6 times

- **Instructor:** Paula
- **Cost:** $120 member / $156 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 - 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.

**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 restoration 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.