# Southdale YMCA  
Group Training Schedule  
Late Spring 2020 - Classes starting between April 20 and June 7

(952) 835-2567  
ymcamn.org/southdale  
www.facebook.com/southdalemca

<table>
<thead>
<tr>
<th>BUILDING HOURS</th>
<th>KIDS STUFF HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday–Friday:</td>
<td>M–Th 5 AM–10 PM, F 5 AM–9 PM</td>
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<td>Saturday:</td>
<td>6 AM–8 PM</td>
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<tr>
<td>Sunday:</td>
<td>6 AM–8 PM</td>
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### Classes starting **Monday, April 20**

**Barre – 45 min: 15+ yrs**  
20_FW_1182_10_042020_YHL  
9:30 am to 10:15 am  
Class meets 5 times  
Studio C  
Julie  

*No class Memorial Day or June 1*

**Women on Weights – 45 min: 18+ yrs**  
20_FW_1302_10_042020_YHL  
9:45 am to 10:30 am  
Class meets 5 times  
Fitness Center  
Alicia  

*No class May 11 and Memorial Day*

**Women on Weights – 45 min: 18+ yrs**  
20_FW_1302_11_042020_YHL  
10:30 am to 11:15 am  
Class meets 5 times  
Fitness Center  
Alicia  

*No class May 11 and Memorial Day*

**Pilates Reformer Group Class – 45 min: 15+ yrs**  
20_FW_1339_10_042020_YHL  
11:00 am to 11:45 am  
Class meets 6 times  
Studio D  
Rachel  

*No class Memorial Day*

**Strength Training for Seniors – 45 min: 55+ yrs**  
20_FW_1306_10_042020_YHL  
3:30 pm to 4:15 pm  
Class meets 6 times  
Fitness Center  
John  

*No class Memorial Day*

**Pilates Reformer Group Class – 45 min: 15+ yrs**  
20_FW_1339_11_042020_YHL  
5:30 pm to 6:15 pm  
Class meets 5 times  
Studio D  
Kathy  

*No class May 11 and Memorial Day*

### Classes starting **Tuesday, April 21**

**Performance Reformer – 60 min: 15+ yrs**  
20_FW_1232_20_042120_YHL  
9:45 am to 10:45 am  
Class meets 7 times  
Studio D  
Rachel  

$140 member /$182 non-member

**Tread and Shed – 60 min: 15+ yrs**  
20_FW_1189_20_042120_YHL  
10:00 am to 11:00 am  
Class meets 7 times  
Fitness Center  
Lisa  

$112 member /$154 non-member

**Extreme RTK – 45 min: 18+ yrs**  
20_FW_1348_20_042120_YHL  
5:40 pm to 6:25 pm  
Class meets 7 times  
Studio C  
Marci  

$112 member /$154 non-member

**Extreme RTK – 45 min: 18+ yrs**  
20_FW_1348_21_042120_YHL  
6:30 pm to 7:15 pm  
Class meets 7 times  
Studio C  
Marci  

$112 member /$154 non-member

### Classes starting **Wednesday, April 22**

**Pilates Reformer Group Class – 45 min: 15+ yrs**  
20_FW_1339_30_042220_YHL  
6:00 pm to 6:45 pm  
Class meets 6 times  
Studio D  
Kathy  

$96 member /$132 non-member

*REGISTRATION BEGINS MARCH 17, 2020*

*Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.*
## Classes starting Thursday, April 23

### Pilates Reformer Group Class - 45 min: 15+ yrs
- Studio D
- Beth
- $96 member / $132 non-member
- 9:30 am to 10:15 am
- Class meets 6 times

### Kettlebells Beginner - 30 min: 15+ yrs
- Studio C
- Marci
- $84 member / $126 non-member
- 12:00 pm to 12:30 pm
- Class meets 7 times

## Classes starting Friday, April 24

### Barre - 45 min: 15+ yrs
- Studio C
- Julie
- $112 member / $154 non-member
- 8:45 am to 9:30 am
- Class meets 7 times

### Pilates Reformer Group Class - 45 min: 15+ yrs
- Studio D
- Rachel
- $112 member / $154 non-member
- 9:45 am to 10:30 am
- Class meets 7 times

### Extreme RTK - 45 min: 18+ yrs
- Studio C
- Marci
- $112 member / $154 non-member
- 9:50 am to 10:35 am
- Class meets 7 times

### Strength Training for Seniors - 45 min: 55+ yrs
- Fitness Center
- Mary
- $60 member / $72 non-member
- 1:30 pm to 2:15 pm
- Class meets 6 times

## Classes starting Sunday, April 26

### Pilates Reformer Group Class - 45 min: 15+ yrs
- Studio D
- Kathy
- $96 member / $132 non-member
- 6:30 pm to 7:15 pm
- Class meets 6 times

## Classes starting Other Days During Late Spring Session

### Pilates Reformer Group Class - 45 min: 15+ yrs
- Studio D
- David
- $96 member / $132 non-member
- Sun -9:15 am to 10:00 am
- Class meets 6 times starting May 3

### Pilates Reformer Group Class - 45 min: 15+ yrs
- Studio D
- David
- $96 member / $132 non-member
- Sun -8:15 am to 9:00 am
- Class meets 6 times starting May 3

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### 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!

**Extreme RTK - 45 min**
Get a dynamic workout as you move from rope, TRX suspension trainer and kettlebell stations. Results won't take long to see!

**Kettlebells Beginner - 30 min**
A kettlebell is a traditional Russian cast-iron weight that looks like a cannonball with a handle. Using these weights, you are guided through a variety of movements designed to develop strength, mobility, energy and vitality. It’s a challenging, dynamic and effective workout.

**Performance Reformer - 60 min**
Enjoy exercises on the Pilates reformer. Class works at a fluid pace with challenging combinations—perfect for athletes and experienced reformer students. 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 - 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.
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<td><strong>Strength Training for Seniors – 45 min</strong></td>
<td>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.</td>
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<td><strong>Tread and Shed – 60 min</strong></td>
<td>High-intensity training is the most proven way to bust through plateaus and ruts. Class includes exciting treadmill drills interchanged with dynamic strength circuits. If you’re at a point you’re ready to put the work in to get the changes you want, this is the class for you.</td>
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<tr>
<td><strong>Women on Weights – 45 min</strong></td>
<td>Work with a certified personal trainer on strength training specifically designed for women. Gain muscular strength and endurance in this highly effective class.</td>
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