



# Southdale YMCA Group Training Schedule

Late Spring 2019 - Classes starting between April 15 and June 2

(952) 835-2567

[www.southdaleymca.org](http://www.southdaleymca.org)

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

BUILDING HOURS		KIDS STUFF HOURS	
----------------	--	------------------	--

**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 8:00am-8:30pm, F 8:00am-7:00pm  
**Saturday:** 8:00am-6:30pm  
**Sunday:** 9:00am-6:30pm

## Classes starting Monday, April 15

<b>Circuit Works - 45 min: 18+ yrs</b>									
20_FW_1224_10_041519_YHL	8:45 am to 9:30 am	Studi D	Alecia						\$96 member /\$132 non-member
	Class meets 6 times								
	<i>No Class Memorial Day</i>								

<b>Barre - 45 min: 15+ yrs</b>									
20_FW_1182_10_041519_YHL	9:45 am to 10:30 am	Studio C	Julie						\$96 member /\$132 non-member
	Class meets 6 times								
	<i>No class Memorial Day</i>								

<b>Pilates Reformer Group Class - 45 min: 15+ yrs</b>									
20_FW_1339_10_041519_YHL	11:00 am to 11:45 am	Studio D	Rachel						\$96 member /\$132 non-member
	Class meets 6 times								
	<i>No Class Memorial Day</i>								

<b>Pilates Reformer Group Class - 45 min: 15+ yrs</b>									
20_FW_1339_11_041519_YHL	5:30 pm to 6:15 pm	Studio D	Kathy						\$96 member /\$132 non-member
	Class meets 6 times								
	<i>No Class Memorial Day</i>								

## Classes starting Tuesday, April 16

<b>Performance Reformer - 45 min: 15+ yrs</b>									
20_FW_1231_20_041619_YHL	9:45 am to 10:30 am	Studio D	Rachel						\$112 member /\$154 non-member
	Class meets 7 times								

<b>Extreme RTK - 45 min: 18+ yrs</b>									
20_FW_1348_20_041619_YHL	5:40 pm to 6:25 pm	Studio C	Marci						\$112 member /\$154 non-member
	Class meets 7 times								

<b>Extreme RTK - 45 min: 18+ yrs</b>									
20_FW_1348_21_041619_YHL	6:30 pm to 7:15 pm	Studio C	Marci						\$112 member /\$154 non-member
	Class meets 7 times								

## Classes starting Wednesday, April 17

<b>Extreme RTK - 45 min: 18+ yrs</b>									
20_FW_1348_30_041719_YHL	10:00 am to 10:45 am	Studio D	Marci						\$112 member /\$154 non-member
	Class meets 7 times								

<b>Tread and Shed - 60 min: 15+ yrs</b>									
20_FW_1189_30_041719_YHL	10:30 am to 11:30 am	Fitness Center	Rachel						\$112 member /\$154 non-member
	Class meets 7 times								

<b>Adult Dance - 60 min: 15+ yrs</b>									
20_FW_1135_30_041719_YHL	11:00 am to 12:00 pm	Studi C	Katie						\$70 member /\$112 non-member
	Class meets 7 times								

<b>Lighter U - 60 min: 18+ yrs</b>									
20_FW_1363_30_041719_YHL	12:00 pm to 1:00 pm	Rotary Room	Kim						\$140 member /\$182 non-member
	Class meets 7 times								

**REGISTRATION BEGINS MARCH 12, 2019**

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

**Pilates Reformer Group Class - 45 min: 15+ yrs** \$96 member /\$132 non-member  
 20\_FW\_1339\_30\_041719\_YHL 6:00 pm to 6:45 pm Studio D Kathy  
 Class meets 6 times

*No class May 15*

**Classes starting Thursday, April 18**

**Circuit Works - 45 min: 18+ yrs** \$96 member /\$132 non-member  
 20\_FW\_1224\_40\_041819\_YHL 9:30 am to 10:15 am Studio C Martha  
 Class meets 6 times

*No class May 2nd*

**Pilates Reformer Group Class - 45 min: 15+ yrs** \$112 member /\$154 non-member  
 20\_FW\_1339\_40\_041819\_YHL 9:30 am to 10:15 am Studio D Beth  
 Class meets 7 times

**Classes starting Friday, April 19**

**Barre - 45 min: 15+ yrs** \$112 member /\$154 non-member  
 20\_FW\_1182\_50\_041919\_YHL 9:30 am to 10:15 am Studi C Julie  
 Class meets 7 times

**Pilates Reformer Group Class - 45 min: 15+ yrs** \$112 member /\$154 non-member  
 20\_FW\_1339\_50\_041919\_YHL 9:45 am to 10:30 am Studio D Rachel  
 Class meets 7 times

**Extreme RTK - 45 min: 18+ yrs** \$112 member /\$154 non-member  
 20\_FW\_1348\_50\_041919\_YHL 10:30 am to 11:15 am Studio C Marci  
 Class meets 7 times

**Classes starting Saturday, April 20**

**Adult Dance - 60 min: 15+ yrs** \$70 member /\$112 non-member  
 20\_FW\_1135\_60\_042019\_YHL 9:00 am to 10:00 am Studio C Katie/Margo  
 Class meets 7 times

**Lighter U - 60 min: 18+ yrs** \$140 member /\$182 non-member  
 20\_FW\_1363\_60\_042019\_YHL 9:00 am to 10:00 am Rotary Room Kim  
 Class meets 7 times

**Classes starting Sunday, April 28**

**Pilates Reformer Group Class - 45 min: 15+ yrs** \$112 member /\$154 non-member  
 20\_FW\_1339\_70\_042819\_YHL 8:15 am to 9:00 am Studio D Minda  
 Class meets 7 times

**Pilates Reformer Group Class - 45 min: 15+ yrs** \$112 member /\$154 non-member  
 20\_FW\_1339\_71\_042819\_YHL 9:15 am to 10:00 am Studio D Minda  
 Class meets 7 times

**Pilates Reformer Group Class - 45 min: 15+ yrs** \$80 member /\$110 non-member  
 20\_FW\_1339\_72\_042819\_YHL 6:30 pm to 7:15 pm Studio C Kathy  
 Class meets 5 times

*No class May 11 and 18*

**Classes starting Other Days During Late Spring Session**

**Strength Training for Seniors - 45 min: 55+ yrs** \$60 member /\$72 non-member  
 20\_FW\_1306\_10\_042219\_YHL Mon -3:30 pm to 4:15 pm Fitness Center John  
 Class meets 6 times starting April 22

**Lighter U - 60 min: 18+ yrs** \$140 member /\$182 non-member  
 20\_FW\_1363\_40\_042519\_YHL Thu -6:00 pm to 7:00 pm Rotary Room Gary  
 Class meets 7 times starting April 25

**Women on Weights -45 min: 18+ yrs** \$80 member /\$110 non-member  
 20\_FW\_1302\_20\_043019\_YHL Tue -8:45 am to 9:30 am Fitness Center Alecia  
 Class meets 5 times starting April 30

## Class Descriptions

<b>Adult Dance - 60 min</b>	Explore the world of dance by exploring a variety of styles including: belly dancing, jazz, tap, ballet, hip hop and more. This class that combines the thrill and fun of dancing with the energy of aerobics.
<b>Barre - 45 min</b>	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!
<b>Circuit Works - 45 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>Extreme RTK - 45 min</b>	Get a dynamic workout as you move from rope, TRX suspension trainer and kettlebell stations. Results won't take long to see!
<b>Lighter U - 60 min</b>	Learn about nutrition and mental wellness during a weight-loss journey, and participate in physical activities.
<b>Performance Reformer - 45 min</b>	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.
<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>Tread and Shed - 60 min</b>	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.
<b>Women on Weights -45 min</b>	Work with a certified personal trainer on strength training specifically designed for women. Gain muscular strength and endurance in this highly effective class.

**REGISTRATION BEGINS MARCH 12, 2019**

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