# Group Training Schedule

**Southdale YMCA**  
Group Training Schedule  
Late Fall 2019 - Classes starting between October 28 and December 31  
(952) 835-2567  
ymcamn.org/southdale  
www.facebook.com/southdaleymca

## BUILDING HOURS

<table>
<thead>
<tr>
<th>Monday-Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-Th 5:00am-10:00pm, F 5:00am-9:00pm</td>
<td>6:00am-8:00pm</td>
<td>6:00am-8:00pm</td>
</tr>
</tbody>
</table>

## KIDS STUFF HOURS

<table>
<thead>
<tr>
<th>Monday-Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-Th 8:00am-8:30pm, F 8:00am-7:00pm</td>
<td>8:00am-6:30pm</td>
<td>9:00am-6:30pm</td>
</tr>
</tbody>
</table>

## Classes starting Monday, October 28

### Women on Weights -30 min: 15-17 yrs

- **20_FW_1304_10_102819_YHL**
  - Time: 5:45 am to 6:15 am
  - Location: Fitness Center
  - Instructor: Alecia
  - Cost: $84 member / $126 non-member

### Barre - 45 min: 15+ yrs

- **20_FW_1182_10_102819_YHL**
  - Time: 9:45 am to 10:30 am
  - Location: Studio C
  - Instructor: Julie
  - Cost: $112 member / $154 non-member

### Women on Weights -45 min: 18+ yrs

- **20_FW_1302_10_102819_YHL**
  - Time: 9:45 am to 10:30 am
  - Location: Fitness Center
  - Instructor: Alecia
  - Cost: $112 member / $154 non-member

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

- **20_FW_1339_10_102819_YHL**
  - Time: 11:00 am to 11:45 am
  - Location: Studio D
  - Instructor: Rachel
  - Cost: $112 member / $154 non-member

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

- **20_FW_1306_10_102819_YHL**
  - Time: 3:30 pm to 4:15 pm
  - Location: Fitness Center
  - Instructor: John
  - Cost: $60 member / $72 non-member

### Women on Weights -45 min: 18+ yrs

- **20_FW_1302_20_102919_YHL**
  - Time: 8:45 am to 9:30 am
  - Location: Fitness Center
  - Instructor: Alecia
  - Cost: $112 member / $154 non-member

### Women on Weights -45 min: 18+ yrs

- **20_FW_1302_21_102919_YHL**
  - Time: 9:30 am to 10:15 am
  - Location: Fitness Center
  - Instructor: Alecia
  - Cost: $112 member / $154 non-member

### Performance Reformer - 45 min: 15+ yrs

- **20_FW_1231_20_102919_YHL**
  - Time: 9:45 am to 10:30 am
  - Location: Studio D
  - Instructor: Rachel
  - Cost: $112 member / $154 non-member

### Extreme RTK - 45 min: 18+ yrs

- **20_FW_1348_20_102919_YHL**
  - Time: 5:40 pm to 6:25 pm
  - Location: Studio C
  - Instructor: Marci
  - Cost: $112 member / $154 non-member

- **20_FW_1348_21_102919_YHL**
  - Time: 6:30 pm to 7:15 pm
  - Location: Studio C
  - Instructor: Marci
  - Cost: $112 member / $154 non-member

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**REGISTRATION BEGINS SEPTEMBER 24, 2019**  
Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.
Classes starting **Wednesday, October 30**

<table>
<thead>
<tr>
<th>Class</th>
<th>Duration</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Rate (Member)</th>
<th>Rate (Non-Member)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extreme RTK - 45 min: 18+ yrs</td>
<td></td>
<td>10:00 am to 10:45 am</td>
<td>Studio C</td>
<td>Marci</td>
<td>$112</td>
<td>$154</td>
</tr>
<tr>
<td>Tread and Shed - 60 min: 15+ yrs</td>
<td></td>
<td>10:30 am to 11:30 am</td>
<td>Fitness Center</td>
<td>Rachel</td>
<td>$112</td>
<td>$154</td>
</tr>
<tr>
<td>Pilates Reformer Group Class - 45 min: 15+ yrs</td>
<td></td>
<td>6:00 pm to 6:45 pm</td>
<td>Studio D</td>
<td>Kathy</td>
<td>$112</td>
<td>$154</td>
</tr>
<tr>
<td>Women on Weights - 45 min: 18+ yrs</td>
<td></td>
<td>6:00 pm to 6:45 pm</td>
<td>Fitness Center</td>
<td>Alecia</td>
<td>$112</td>
<td>$154</td>
</tr>
<tr>
<td>Women on Weights - 30 min: - yrs</td>
<td></td>
<td>6:45 pm to 7:15 pm</td>
<td>Fitness Center</td>
<td>Alecia</td>
<td>$84</td>
<td>$126</td>
</tr>
</tbody>
</table>

Classes starting **Thursday, October 31**

<table>
<thead>
<tr>
<th>Class</th>
<th>Duration</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Rate (Member)</th>
<th>Rate (Non-Member)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates Reformer Group Class - 45 min: 15+ yrs</td>
<td></td>
<td>9:30 am to 10:15 am</td>
<td>Studio D</td>
<td>Beth</td>
<td>$112</td>
<td>$154</td>
</tr>
<tr>
<td>Circuit Works - 60 min: 18+ yrs</td>
<td></td>
<td>9:45 am to 10:45 am</td>
<td>Studio C</td>
<td>Martha</td>
<td>$140</td>
<td>$182</td>
</tr>
<tr>
<td>Women on Weights - 45 min: 18+ yrs</td>
<td></td>
<td>10:30 am to 11:15 am</td>
<td>Fitness Center</td>
<td>Alecia</td>
<td>$112</td>
<td>$154</td>
</tr>
</tbody>
</table>

Classes starting **Friday, November 1**

<table>
<thead>
<tr>
<th>Class</th>
<th>Duration</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Rate (Member)</th>
<th>Rate (Non-Member)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women on Weights - 30 min: - yrs</td>
<td></td>
<td>9:00 am to 9:30 am</td>
<td>Fitness Center</td>
<td>Alecia</td>
<td>$84</td>
<td>$126</td>
</tr>
<tr>
<td>Barre - 45 min: 15+ yrs</td>
<td></td>
<td>9:30 am to 10:15 am</td>
<td>Studio C</td>
<td>Julie</td>
<td>$112</td>
<td>$154</td>
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<td>Studio D</td>
<td>Rachel</td>
<td>$112</td>
<td>$154</td>
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<tr>
<td>Extreme RTK - 45 min: 18+ yrs</td>
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**REGISTRATION BEGINS SEPTEMBER 24, 2019**

Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.
**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!

**Circuit Works - 60 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.

**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!

**Performance Reformer - 45 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.

**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.

**Tread and Shed - 60 min**
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.

**Women on Weights -30 min**
Work with a certified personal trainer on strength training specifically designed for women. Gain muscular strength and endurance in this highly effective class.

**Women on Weights -45 min**
Work with a certified personal trainer on strength training specifically designed for women. Gain muscular strength and endurance in this highly effective class.