# St. Paul Eastside Y 
**Group Training Schedule**

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

(651) 771-8881  
ymcamn.org/eastside  
www.facebook.com/eastsidemyca

<table>
<thead>
<tr>
<th><strong>BUILDING HOURS</strong></th>
<th><strong>KIDS STUFF HOURS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday-Friday:</strong></td>
<td><strong>Monday-Friday:</strong></td>
</tr>
<tr>
<td>M-Th 5:00am-10:00pm, F 5:00am-9:00pm</td>
<td>M-Th 8:45am-1:15pm, 4:15pm-8:45pm, F 8:45am-1:15pm, 4:15pm-7:00pm</td>
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<tr>
<td><strong>Saturday:</strong></td>
<td><strong>Saturday:</strong></td>
</tr>
<tr>
<td>6:00am-8:00pm</td>
<td>8:15am-1:15pm</td>
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<tr>
<td><strong>Sunday:</strong></td>
<td><strong>Sunday:</strong></td>
</tr>
<tr>
<td>6:00am-8:00pm</td>
<td>1:30pm-5:30pm</td>
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</tbody>
</table>

**Classes starting Monday, October 28**

<table>
<thead>
<tr>
<th>Class</th>
<th>Start Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates Reformer Group Class - 60 min: 15+ yrs</td>
<td>Monday, October 28</td>
<td>11:00 am to 12:00 pm</td>
<td></td>
<td>$140 member / $182 non-member</td>
<td>Personal and GT Studio Annie</td>
</tr>
<tr>
<td>Pilates Reformer Group Class - 60 min: 15+ yrs</td>
<td>Wednesday, October 30</td>
<td>9:00 am to 10:00 am</td>
<td></td>
<td>$140 member / $182 non-member</td>
<td>Personal and GT Studio Barb</td>
</tr>
<tr>
<td>Pilates Reformer Group Class - 30 min: 15+ yrs</td>
<td>Monday, October 28</td>
<td>4:30 pm to 5:30 pm</td>
<td></td>
<td>$84 member / $126 non-member</td>
<td>Personal and GT Studio Barb</td>
</tr>
<tr>
<td>Circuit Works - 60 min: 18+ yrs</td>
<td>Monday, October 28</td>
<td>6:30 pm to 7:00 pm</td>
<td></td>
<td>$84 member / $126 non-member</td>
<td>Personal and GT Studio Barb</td>
</tr>
</tbody>
</table>

**Classes starting Tuesday, October 29**

<table>
<thead>
<tr>
<th>Class</th>
<th>Start Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates Reformer Group Class - 60 min: 15+ yrs</td>
<td>Tuesday, October 29</td>
<td>2:00 pm to 3:00 pm</td>
<td></td>
<td>$140 member / $182 non-member</td>
<td>Personal and GT Studio Barb</td>
</tr>
<tr>
<td>Pilates Reformer Group Class - 60 min: 15+ yrs</td>
<td>Tuesday, October 29</td>
<td>11:00 am to 12:00 pm</td>
<td></td>
<td>$140 member / $182 non-member</td>
<td>Personal and GT Studio Barb</td>
</tr>
<tr>
<td>TRX Suspension Trainer Intermediate - 30 min: 15+ yrs</td>
<td>Tuesday, October 29</td>
<td>5:30 pm to 6:00 pm</td>
<td></td>
<td>$84 member / $126 non-member</td>
<td>Personal and GT Studio Annie</td>
</tr>
</tbody>
</table>

**Classes starting Wednesday, October 30**

<table>
<thead>
<tr>
<th>Class</th>
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<th>Time</th>
<th>Instructor</th>
<th>Fee</th>
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</tr>
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<tbody>
<tr>
<td>Kettlebells/TRX Fusion Intermediate - 30 min: 15+ yrs</td>
<td>Wednesday, October 30</td>
<td>11:30 am to 12:00 pm</td>
<td></td>
<td>$84 member / $126 non-member</td>
<td>Personal and GT Studio Dru</td>
</tr>
<tr>
<td>Kettlebells/TRX Fusion Intermediate - 30 min: 15+ yrs</td>
<td>Wednesday, October 30</td>
<td>5:30 pm to 6:00 pm</td>
<td></td>
<td>$84 member / $126 non-member</td>
<td>Personal and GT Studio Peter</td>
</tr>
<tr>
<td>Kettlebells/TRX Fusion Beginner - 30 min: 15+ yrs</td>
<td>Wednesday, October 30</td>
<td>6:30 pm to 7:00 pm</td>
<td></td>
<td>$84 member / $126 non-member</td>
<td>Personal and GT Studio Peter</td>
</tr>
</tbody>
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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 Thursday, October 31

TRX Suspension Trainer Intermediate - 60 min: 15+ yrs
76_FW_1312_40_103119_YHL
7:00 am to 8:00 am
Class meets 6 times
Personal and GT Studio
Annie
$120 member / $156 non-member

TRX Suspension Trainer Intermediate - 30 min: 15+ yrs
76_FW_1310_40_103119_YHL
8:00 am to 8:30 am
Class meets 6 times
Personal and GT Studio
Annie
$72 member / $108 non-member

Pilates Reformer Group Class - 60 min: 15+ yrs
76_FW_1326_40_103119_YHL
9:00 am to 10:00 am
Class meets 6 times
Personal and GT Studio
Annie
$120 member / $156 non-member

Classes starting Friday, November 1

Pilates Reformer Group Class - 60 min: 15+ yrs
76_FW_1326_50_110119_YHL
8:00 am to 9:00 am
Class meets 7 times
Personal and GT Studio
Barb
$140 member / $182 non-member

Pilates Reformer Group Class - 60 min: 15+ yrs
76_FW_1326_51_110119_YHL
11:00 am to 12:00 pm
Class meets 7 times
Personal and GT Studio
Barb
$140 member / $182 non-member

Pilates Reformer Group Class - 60 min: 15+ yrs
76_FW_1326_52_110119_YHL
2:00 pm to 3:00 pm
Class meets 7 times
Personal and GT Studio
Annie
$140 member / $182 non-member

Pilates Reformer Group Class - 60 min: 15+ yrs
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76_FW_1326_54_110119_YHL
6:00 pm to 7:00 pm
Class meets 7 times

Class Descriptions

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.

Kettlebells/TRX Fusion Beginner - 30 min
A kettlebell is a traditional Russian cast-iron weight that looks like a cannonball with a handle. A TRX suspension trainer is a tool made of straps that uses your body weight. This total-body class combines the best of kettlebells and TRX for a highly effective and powerful workout. It’s perfect if you’re on the fast track to reach your health and fitness goals.

Kettlebells/TRX Fusion Intermediate - 30 min
If you already know beginning kettlebells and TRX moves, this total-body class pumps up the power. Since it’s a highly effective workout, it’s perfect if you’re on the fast track to reach your health and fitness goals.

Pilates Reformer Group Class - 30 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.

TRX Suspension Trainer Intermediate - 30 min
If you already know beginning TRX moves, this total-body class takes toning your upper body, lower body and core to the next level, using your bodyweight.

REGISTRATION BEGINS SEPTEMBER 24, 2019
Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.
If you already know beginning TRX moves, this total-body class takes toning your upper body, lower body and core to the next level, using your bodyweight.