



West St Paul YMCA Group Training Schedule

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

(651) 457-0048

www.weststpaulymca.org

www.facebook.com/southfamilyymca

BUILDING HOURS

Monday-Friday: M-Th 5:00am-10:00pm, F 5:00am-9:00pm
Saturday: 6:00am-8:00pm
Sunday: 6:00am-8:00pm

KIDS STUFF HOURS

Monday-Friday: M-Th 8:30am-8:00pm, F 8:30am-7:00pm
Saturday: 8:00am-2:00pm
Sunday: 11:00am-3:00pm

Classes starting Monday, April 15

Bootcamp - 45 min: 15+ yrs

70_FW_1183_10_041519_YHL 4:30 pm to 5:15 pm
 Class meets 6 times

\$96 member /\$132 non-member

Pilates Reformer Group Class - 60 min: 15+ yrs

70_FW_1326_10_041519_YHL 5:30 pm to 6:30 pm Reformer Studio Denise
 Class meets 7 times

\$140 member /\$182 non-member

Classes starting Wednesday, April 17

Bootcamp - 45 min: 15+ yrs

70_FW_1183_30_041719_YHL 4:30 pm to 5:15 pm
 Class meets 7 times

\$112 member /\$154 non-member

Classes starting Thursday, April 18

Pilates Reformer Group Class - 45 min: 15+ yrs

70_FW_1339_40_041819_YHL 6:30 am to 7:15 am Reformer Studio Naomi
 Class meets 7 times

\$112 member /\$154 non-member

Pilates Reformer Group Class - 60 min: 15+ yrs

70_FW_1326_41_041819_YHL 6:30 pm to 7:30 pm Reformer Studio Naomi
 Class meets 7 times

\$140 member /\$182 non-member

Classes starting Friday, April 19

Pilates Reformer Group Class - 60 min: 15+ yrs

70_FW_1326_51_041919_YHL 11:45 am to 12:45 pm Reformer Studio Naomi
 Class meets 7 times

\$140 member /\$182 non-member

Classes starting Saturday, April 20

Pilates Reformer Group Class - 60 min: 15+ yrs

70_FW_1326_60_042019_YHL 8:00 am to 9:00 am Reformer Studio Naomi
 Class meets 7 times

\$140 member /\$182 non-member

Class Descriptions

Bootcamp - 45 min

This class is about improving your strength and stamina through a rugged workout. Class consists of sports drills, weights, jumping rope, boxing, circuits and interval training. It's great for preparing for events like weddings, reunions, postnatal and other milestones.

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.

REGISTRATION BEGINS MARCH 12, 2019

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