### White Bear Area YMCA
**Group Training Schedule**

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

<table>
<thead>
<tr>
<th>BUILDING HOURS</th>
<th>KIDS STUFF HOURS</th>
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</thead>
<tbody>
<tr>
<td>Monday-Friday: M-Th 5:00am-10:00pm, F 5:00am-9:00pm</td>
<td>Monday-Friday: M-Th 8:30am-8:30pm, F 8:30am-7:00pm</td>
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<tr>
<td>Saturday: 6:00am-8:00pm</td>
<td>Saturday: 8:00am-1:30pm</td>
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<tr>
<td>Sunday: 6:00am-8:00pm</td>
<td>Sunday: 9:30am-7:00pm</td>
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**Classes starting Thursday, November 7**

**Kettlebells Intermediate - 30 min: 15+ yrs**

88_FW_1330_40_110719_YHL

8:30 am to 9:00 am

Class meets 9 times

$108 member / $162 non-member

Katie

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

**Bootcamp - 45 min: 15+ yrs**

88_FW_1183_60_110219_YHL

Sat - 9:00 am to 9:45 am

Class meets 5 times starting November 2

$80 member / $110 non-member

Bay Hall

**WAVE Fit - 45 min: 14+ yrs**

88_FW_1361_40_110719_YHL

Thu - 6:00 am to 6:45 am

Class meets 3 times starting November 7

$48 member / $66 non-member

Beth T

**WAVE Fit - 45 min: 14+ yrs**

88_FW_1361_40_120519_YHL

Thu - 6:00 am to 6:45 am

Class meets 4 times starting December 5

$64 member / $88 non-member

Beth T

**Bootcamp - 45 min: 15+ yrs**

88_FW_1183_60_120719_YHL

Sat - 9:00 am to 9:45 am

Class meets 4 times starting December 7

$64 member / $88 non-member

Bay Hall

**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.

**Kettlebells Intermediate - 30 min**

If you already know beginning moves with kettlebells—like arm swings, squats, twists and lunges, this class cranks things up a notch with more movements to build strength, mobility, energy and vitality. It's a challenging, dynamic and effective workout.

**WAVE Fit - 45 min**

Work out on stand-up paddleboards specially designed for the pool. Challenge your strength and endurance with dynamic exercises on the board while demonstrating balance, coordination and core control.

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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.*