### Building Hours

<table>
<thead>
<tr>
<th>Monday–Friday</th>
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<tr>
<td>M–Th 5 AM–10 PM, F 5 AM–9 PM</td>
<td>M–Th 8:30 AM–1:30 PM &amp; 3:30–8:30 PM, F 8:30 AM–1:30 PM &amp; 3:30–7 PM</td>
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<th>Saturday</th>
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<td>6 AM–8 PM</td>
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### Kids Stuff Hours

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<th>Saturday</th>
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<td>6 AM–8 PM</td>
<td>8:30 AM–1 PM</td>
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### Classes starting Wednesday, April 22

- **TRX Suspension Trainer Beginner – 30 min: 15+ yrs**
  - $84 member / $126 non-member
  - 88_FW_1307_30_042220_YHL
  - 9:30 am to 10:00 am
  - Class meets 7 times
  - Beth T

- **Pilates Reformer Group Class – 45 min: 15+ yrs**
  - $112 member / $154 non-member
  - 88_FW_1339_30_042220_YHL
  - 5:30 pm to 6:15 pm
  - Class meets 7 times
  - Susan W

### Classes starting Thursday, April 23

- **Pilates Reformer Group Class – 45 min: 15+ yrs**
  - $112 member / $154 non-member
  - 88_FW_1339_40_042320_YHL
  - 6:00 am to 6:45 am
  - Class meets 7 times
  - Beth T

- **Kettlebells/TRX Fusion Intermediate – 30 min: 15+ yrs**
  - $84 member / $126 non-member
  - 88_FW_1319_40_042320_YHL
  - 8:30 am to 9:00 am
  - Class meets 7 times
  - Katie N

### Classes starting Saturday, April 25

- **Bootcamp – 60 min: 15+ yrs**
  - $140 member / $182 non-member
  - 88_FW_1203_60_042520_YHL
  - 9:00 am to 10:00 am
  - Class meets 7 times

### Class Descriptions

- **Bootcamp – 60 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/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 – 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.

- **TRX Suspension Trainer Beginner – 30 min**
  - A TRX suspension trainer is a tool made of straps that uses your body weight to build strength, balance, flexibility and stability. All exercises in class create an element of instability that calls on your core muscles to work hard.

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**REGISTRATION BEGINS MARCH 17, 2020**

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