



White Bear Area YMCA Group Training Schedule

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

(651) 777-8103

www.whitebearareaymca.org

www.facebook.com/whitebearareaymca

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-8:30pm, F 8:30am-7:00pm
Saturday: 8:00am-1:30pm
Sunday: 9:30am-7:00pm

Classes starting Monday, April 15

Higher, Faster, Stronger - 30 min: 7-18 yrs

88_FW_1227_10_041519_YHL 4:30 pm to 5:00 pm Class meets 7 times Dylan \$84 member /\$126 non-member

High Energy Athletic Training (H.E.A.T.) - 60 min: 14+ yrs

88_FW_1353_10_041519_YHL 5:00 pm to 6:00 pm Class meets 7 times Dylan \$140 member /\$182 non-member

Classes starting Tuesday, April 16

Kettlebells/TRX Fusion Intermediate - 30 min: 15+ yrs

88_FW_1319_20_041619_YHL 5:30 pm to 6:00 pm Class meets 7 times Dylan \$84 member /\$126 non-member

Higher, Faster, Stronger - 30 min: 7-18 yrs

88_FW_1227_20_041619_YHL 6:00 pm to 6:30 pm Class meets 7 times Dylan \$84 member /\$126 non-member

Sports Enhancement Training - 30 min: 15+ yrs

88_FW_1336_20_041619_YHL 6:30 pm to 7:00 pm Class meets 7 times Dylan \$84 member /\$126 non-member

Classes starting Wednesday, April 17

Pilates Reformer Group Class - 45 min: 15+ yrs

88_FW_1339_30_041719_YHL 5:30 pm to 6:15 pm Class meets 7 times Susan \$112 member /\$154 non-member

Classes starting Thursday, April 18

Kettlebells/TRX Fusion Intermediate - 30 min: 15+ yrs

88_FW_1319_40_041819_YHL 8:30 am to 9:00 am Class meets 7 times Katie \$84 member /\$126 non-member

Kettlebells/TRX Fusion Intermediate - 30 min: 15+ yrs

88_FW_1319_41_041819_YHL 5:30 pm to 6:00 pm Class meets 7 times Dylan \$84 member /\$126 non-member

Class Descriptions

High Energy Athletic Training (H.E.A.T.) - 60 min

Increase your fitness level and athleticism with the high-energy mobility drills of this class. Each session starts with a short warm up and then moves into a high-intensity workout.

Higher, Faster, Stronger - 30 min

Improve your athletic performance with this class comprising of sport-specific, speed, strength, explosiveness and agility drills. Gear up to perform at your peak and avoid injury. This class is designed for youth and teens.

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.

REGISTRATION BEGINS MARCH 12, 2019

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

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.

Sports Enhancement Training - 30 min

Fine-tune your performance in your sport of choice with guidance from an expert instructor.

REGISTRATION BEGINS MARCH 12, 2019

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