



Woodbury YMCA Group Training Schedule

Early Fall 2019 - Classes starting between September 9 and October 27

(651) 731-9507

ymcamn.org/woodbury

www.facebook.com/southeastareaymca

| BUILDING HOURS | | KIDS STUFF HOURS | |
|----------------|--------------------------------------|------------------|-------------------------------------|
| Monday-Friday: | M-Th 5:00am-10:00pm, F 5:00am-9:00pm | Monday-Friday: | M-Th 8:30am-8:00pm, F 8:00am-7:00pm |
| Saturday: | 6:00am-8:00pm | Saturday: | 8:30am-2:00pm |
| Sunday: | 6:00am-8:00pm | Sunday: | 9:00am-6:00pm |

Classes starting Monday, September 9

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|---|---|---------------|--------|--------------------------------|
| Pilates Reformer Group Class - 45 min: 15+ yrs | | | | \$112 member /\$154 non-member |
| 83_FW_1339_10_090919_YHL | 10:30 am to 11:15 am Class meets 7 times | Studio 2 | Sara | |
| Pilates Reformer Group Class - 45 min: 15+ yrs | | | | \$112 member /\$154 non-member |
| 83_FW_1339_11_090919_YHL | 11:15 am to 12:00 pm Class meets 7 times | Studio 2 | Sara | |
| Performance Reformer - 45 min: 15+ yrs | | | | \$112 member /\$154 non-member |
| 83_FW_1231_10_090919_YHL | 1:15 pm to 2:00 pm Class meets 7 times | Studio 2 | Toni | |
| Circuit Works - 30 min: 18+ yrs | | | | \$84 member /\$126 non-member |
| 83_FW_1219_10_090919_YHL | 2:15 pm to 2:45 pm Class meets 7 times | Fitness Floor | Toni | |
| <i>FIT MOMS HIIT and Strength</i> | | | | |
| Sports Enhancement Training - 45 min: 15+ yrs | | | | \$112 member /\$154 non-member |
| 83_FW_1337_10_090919_YHL | 2:30 pm to 3:15 pm Class meets 7 times | Studio 2 | Monica | |
| <i>Senior boxing</i> | | | | |
| Bootcamp - 45 min: 15+ yrs | | | | \$112 member /\$154 non-member |
| 83_FW_1183_10_090919_YHL | 6:00 pm to 6:45 pm Class meets 7 times | Fitness Floor | Sydney | |
| Pilates Reformer Group Class - 60 min: 15+ yrs | | | | \$140 member /\$182 non-member |
| 83_FW_1326_10_090919_YHL | 6:00 pm to 7:00 pm Class meets 7 times | Studio 2 | Joyce | |
| Kettlebells Beginner - 30 min: 15+ yrs | | | | \$84 member /\$126 non-member |
| 83_FW_1327_10_090919_YHL | 7:00 pm to 7:30 pm Class meets 7 times | Fitness Floor | Geoff | |
| Kettlebells Beginner - 30 min: 15+ yrs | | | | \$84 member /\$126 non-member |
| 83_FW_1327_11_090919_YHL | 7:30 pm to 8:00 pm Class meets 7 times | Fitness Floor | Geoff | |
| Pilates Reformer Group Class - 60 min: 15+ yrs | | | | \$140 member /\$182 non-member |
| 83_FW_1326_11_090919_YHL | 8:00 pm to 9:00 pm Class meets 7 times | Studio 2 | Joyce | |

Classes starting Tuesday, September 10

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|--|---|---------------|---------|--------------------------------|
| Performance Reformer - 60 min: 15+ yrs | | | | \$140 member /\$182 non-member |
| 83_FW_1232_20_091019_YHL | 8:00 am to 9:00 am Class meets 7 times | Studio 2 | Sara | |
| <i>Exp. Required</i> | | | | |
| Strength Training for Seniors - 45 min: 55+ yrs | | | | \$70 member /\$84 non-member |
| 83_FW_1306_20_091019_YHL | 10:00 am to 10:45 am Class meets 7 times | Fitness Floor | Ambrose | |

REGISTRATION BEGINS AUGUST 13, 2019

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

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|---|--|----------------|-----------|--------------------------------|
| Lighter U - 60 min: 18+ yrs 83_FW_1363_20_091019_YHL | 12:00 pm to 1:00 pm Class meets 7 times | Thrivent Room | Sara/Stef | \$140 member /\$182 non-member |
| Pilates Reformer Group Class - 45 min: 15+ yrs 83_FW_1339_20_091019_YHL | 5:10 pm to 5:55 pm Class meets 7 times | Fitness Center | Monica | \$112 member /\$154 non-member |
| Bootcamp - 45 min: 15+ yrs 83_FW_1183_20_091019_YHL <i>Adaptive Bootcamp</i> | 5:15 pm to 6:00 pm Class meets 7 times | Studio 2 | Derek | \$112 member /\$154 non-member |
| Advanced Strength Training - 60 min: 15+ yrs 83_FW_1242_20_091019_YHL | 6:00 pm to 7:00 pm Class meets 7 times | Fitness Floor | Jovani | \$140 member /\$182 non-member |

Classes starting Wednesday, September 11

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|---|---|----------------|--------|--------------------------------|
| Pilates Reformer Group Class - 45 min: 15+ yrs 83_FW_1339_30_091119_YHL | 10:15 am to 11:00 am Class meets 7 times | Studio 2 | Sara | \$112 member /\$154 non-member |
| Performance Reformer - 60 min: 15+ yrs 83_FW_1232_30_091119_YHL <i>Exp. Required</i> | 11:00 am to 12:00 pm Class meets 7 times | Studio 2 | Sara | \$140 member /\$182 non-member |
| Performance Reformer - 60 min: 15+ yrs 83_FW_1232_31_091119_YHL <i>Exp. Required</i> | 12:15 pm to 1:15 pm Class meets 7 times | Studio 2 | Toni | \$140 member /\$182 non-member |
| Pilates Reformer Group Class - 60 min: 15+ yrs 83_FW_1326_30_091119_YHL | 1:15 pm to 2:15 pm Class meets 7 times | Studio 2 | Toni | \$140 member /\$182 non-member |
| Circuit Works - 30 min: 18+ yrs 83_FW_1219_30_091119_YHL <i>FITMOM HIIT</i> | 2:15 pm to 2:45 pm Class meets 7 times | Fitness floor | Toni | \$84 member /\$126 non-member |
| Advanced Strength Training - 60 min: 15+ yrs 83_FW_1242_30_091119_YHL | 6:00 pm to 7:00 pm Class meets 7 times | Studio 2 | Jovani | \$140 member /\$182 non-member |
| Pilates Reformer Group Class - 45 min: 15+ yrs 83_FW_1339_31_091119_YHL | 6:00 pm to 6:45 pm Class meets 7 times | Fitness Center | Monica | \$112 member /\$154 non-member |

Classes starting Thursday, September 12

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|---|---|---------------|---------|--------------------------------|
| Sports Enhancement Training - 45 min: 15+ yrs 83_FW_1337_40_091219_YHL <i>Boxing</i> | 6:15 am to 7:00 am Class meets 7 times | Studio 2 | Sarah | \$112 member /\$154 non-member |
| Bootcamp - 60 min: 15+ yrs 83_FW_1203_40_091219_YHL | 10:00 am to 11:00 am Class meets 7 times | Fitness Floor | Derek | \$140 member /\$182 non-member |
| Strength Training for Seniors - 45 min: 55+ yrs 83_FW_1306_40_091219_YHL | 10:00 am to 10:45 am Class meets 7 times | Fitness Floor | Ambrose | \$70 member /\$84 non-member |
| Performance Reformer - 60 min: 15+ yrs 83_FW_1232_40_091219_YHL <i>Livestrong Class only</i> | 10:30 am to 11:30 am Class meets 7 times | Studio 2 | Monica | \$140 member /\$182 non-member |

REGISTRATION BEGINS AUGUST 13, 2019

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

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|--|---|---------------|--------|--------------------------------|
| Performance Reformer – 45 min: 15+ yrs 83_FW_1231_40_091219_YHL <i>Tower – Exp Required</i> | 11:30 am to 12:15 pm Class meets 7 times | Fitness Floor | Sara | \$112 member /\$154 non-member |
| Sports Enhancement Training – 45 min: 15+ yrs 83_FW_1337_41_091219_YHL <i>Senior Boxing</i> | 1:30 pm to 2:15 pm Class meets 7 times | Studio 2 | Monica | \$112 member /\$154 non-member |
| Circuit Works – 45 min: 18+ yrs 83_FW_1224_40_091219_YHL <i>Tread N Shred</i> | 5:45 pm to 6:30 pm Class meets 7 times | Fitness Floor | Monica | \$112 member /\$154 non-member |
| Sports Enhancement Training – 30 min: 15+ yrs 83_FW_1336_40_091219_YHL <i>WAVE SHRED</i> | 7:30 pm to 8:00 pm Class meets 7 times | Pool | Sydney | \$84 member /\$126 non-member |

Classes starting Friday, September 13

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|---|---|---------------|--------|--------------------------------|
| Bootcamp – 60 min: 15+ yrs 83_FW_1203_50_091319_YHL | 11:00 am to 12:00 pm Class meets 7 times | Fitness Floor | Derek | \$140 member /\$182 non-member |
| Pilates Reformer Group Class – 45 min: 15+ yrs 83_FW_1339_50_091319_YHL | 11:15 am to 12:00 pm Class meets 7 times | Studio 2 | Monica | \$112 member /\$154 non-member |
| Bootcamp – 45 min: 15+ yrs 83_FW_1183_50_091319_YHL | 12:30 pm to 1:15 pm Class meets 7 times | Studio 2 | Monica | \$112 member /\$154 non-member |

Classes starting Saturday, September 14

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|---|---|------|--------|-------------------------------|
| Sports Enhancement Training – 30 min: 15+ yrs 83_FW_1336_60_091419_YHL <i>WAVE SHRED</i> | 9:00 am to 9:30 am Class meets 7 times | Pool | Sydney | \$84 member /\$126 non-member |
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Classes starting Sunday, September 15

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|---|---|---------------|--------|--------------------------------|
| Advanced Strength Training – 60 min: 15+ yrs 83_FW_1242_70_091519_YHL | 9:00 am to 10:00 am Class meets 7 times | Fitness Floor | Jovani | \$140 member /\$182 non-member |
| Advanced Strength Training – 60 min: 15+ yrs 83_FW_1242_71_091519_YHL | 11:00 am to 12:00 pm Class meets 7 times | Fitness Floor | Joavni | \$140 member /\$182 non-member |

Class Descriptions

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| Advanced Strength Training – 60 min | Each week brings a different workout with new lifts to challenge or meet your strength-training needs. Change your fitness level with this high-intensity interval training class. |
| 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. |
| 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. |
| Circuit Works – 30 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. |

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| Circuit Works - 45 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 Beginner - 30 min | A kettlebell is a traditional Russian cast-iron weight that looks like a cannonball with a handle. Using these weights, you are guided through a variety of movements designed to develop strength, mobility, energy and vitality. It's a challenging, dynamic and effective workout. |
| Lighter U - 60 min | Learn about nutrition and mental wellness during a weight-loss journey, and participate in physical activities. |
| Performance Reformer - 45 min | Enjoy exercises on the Pilates reformer. Class works at a fluid pace with challenging combinations—perfect for athletes and experienced reformer students. 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. |
| Performance Reformer - 60 min | Enjoy exercises on the Pilates reformer. Class works at a fluid pace with challenging combinations—perfect for athletes and experienced reformer students. 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 - 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. |
| Sports Enhancement Training - 30 min | Fine-tune your performance in your sport of choice with guidance from an expert instructor. |
| Sports Enhancement Training - 45 min | Fine-tune your performance in your sport of choice with guidance from an expert instructor. |
| Strength Training for Seniors - 45 min | Master the skills necessary to safely and effectively use the strength-training equipment at the Y. Learn about sets, reps, tempo and the proper amount of weight you should lift. Class helps you gain better balance, good posture, a high degree of energy and stronger bones. |