



Maplewood Community Center Group Training Schedule

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

(651) 747-0922

www.ymcamn.org/maplewood

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BUILDING HOURS		KIDS STUFF HOURS	
Monday-Friday:	M-Th 5:00am-10:00pm, F 5:00am-9:00pm	Monday-Friday:	M-Th 9:00am-12:00pm, 4:30pm-8:00pm, F 9:00am-12:00pm
Saturday:	6:00am-8:00pm	Saturday:	8:30am-12:30pm
Sunday:	8:00am-7:00pm	Sunday:	

Classes starting Monday, April 15

Sprint 8 - 30 min (3x/wk): 15+ yrs					\$240 member /\$440 non-member
87_FW_1365_10_041519_YHL	7:00 am to 7:30 am Class meets 20 times	3rd floor	Seth		
<i>this class meets Mon, Wed & Fridays</i>					
TRX Suspension Trainer Intermediate - 45 min: 15+ yrs					\$96 member /\$132 non-member
87_FW_1311_10_041519_YHL	9:30 am to 10:15 am Class meets 6 times	3rd floor	Barb		
Pilates Reformer Group Class - 60 min: 15+ yrs					\$120 member /\$156 non-member
87_FW_1326_10_041519_YHL	11:45 am to 12:45 pm Class meets 6 times	3rd floor	Linda		
<i>If a participant has NEVER taken this class before, they must meet for 1-60 min personal training session with Linda prior</i>					
Circuit Works - 45 min: 18+ yrs					\$96 member /\$132 non-member
87_FW_1224_10_041519_YHL	4:00 pm to 4:45 pm Class meets 6 times		Dan L.		
Kettlebells Beginner - 30 min: 15+ yrs					\$72 member /\$108 non-member
87_FW_1327_10_041519_YHL	5:00 pm to 5:30 pm Class meets 6 times	TBD	Dan L		
TRX Suspension Trainer Beginner - 30 min: 15+ yrs					\$72 member /\$108 non-member
87_FW_1307_10_041519_YHL	5:15 pm to 5:45 pm Class meets 6 times	3rd floor	Barb		
TRX Suspension Trainer Advanced - 30 min: 15+ yrs					\$72 member /\$108 non-member
87_FW_1313_10_041519_YHL	6:00 pm to 6:30 pm Class meets 6 times	3rd floor	Barb		
Kettlebells Intermediate - 45 min: 15+ yrs					\$96 member /\$132 non-member
87_FW_1331_10_041519_YHL	6:45 pm to 7:30 pm Class meets 6 times	3rd floor	Linda		

Classes starting Tuesday, April 16

TRX Suspension Trainer Beginner - 30 min: 15+ yrs					\$84 member /\$126 non-member
87_FW_1307_20_041619_YHL	9:30 am to 10:00 am Class meets 7 times	3rd floor	Barb		
ForeverWell Pickleball Lessons - 60 min: 55+ yrs					\$70 member /\$84 non-member
87_LE_3464_20_041619_YHL	10:30 am to 11:30 am Class meets 7 times	Gym	Elaine		
Pilates Reformer Group Class - 60 min: 15+ yrs					\$140 member /\$182 non-member
87_FW_1326_20_041619_YHL	10:30 am to 11:30 am Class meets 7 times	3rd floor	Heather		
<i>If a participant has NEVER taken this class before, they must meet for 1-60 min personal training session with Heather prior</i>					
Pilates Reformer Group Class - 60 min: 15+ yrs					\$140 member /\$182 non-member
87_FW_1326_21_041619_YHL	5:45 pm to 6:45 pm Class meets 7 times	3rd floor	Linda		
<i>If a participant has NEVER taken this class before, they must meet for 1-60 min personal training session with Linda prior</i>					

REGISTRATION BEGINS MARCH 12, 2019

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

Advanced Strength Training - 60 min: 15+ yrs \$140 member /\$182 non-member
87_FW_1242_20_041619_YHL 6:00 pm to 7:00 pm Fitness Center Seth
Class meets 7 times

Kettlebells Beginner - 30 min: 15+ yrs \$84 member /\$126 non-member
87_FW_1327_20_041619_YHL 6:00 pm to 6:30 pm Dan L.
Class meets 7 times

Classes starting Wednesday, April 17

Pilates Reformer Group Class - 60 min: 15+ yrs \$140 member /\$182 non-member
87_FW_1326_30_041719_YHL 8:15 am to 9:15 am 3rd floor Linda
Class meets 7 times
If a participant has NEVER taken this class before, they must meet for 1-60 min personal training session with Linda prior

Pilates Reformer Group Class - 60 min: 15+ yrs \$140 member /\$182 non-member
87_FW_1326_31_041719_YHL 10:30 am to 11:30 am 3rd floor Heather
Class meets 7 times
If a participant has NEVER taken this class before, they must meet for 1-60 min personal training session with Heather prior

Strength Training for Seniors - 45 min: 55+ yrs \$70 member /\$84 non-member
87_FW_1306_30_041719_YHL 10:30 am to 11:15 am Fitness Center Linda
Class meets 7 times

Circuit Works - 45 min: 18+ yrs \$112 member /\$154 non-member
87_FW_1224_30_041719_YHL 4:45 pm to 5:30 pm TBD Barb
Class meets 7 times
TBD

TRX Suspension Trainer Advanced - 45 min: 15+ yrs \$112 member /\$154 non-member
87_FW_1314_30_041719_YHL 6:00 pm to 6:45 pm 3rd floor Barb
Class meets 7 times

Classes starting Thursday, April 18

Pilates Reformer Group Class - 60 min: 15+ yrs \$140 member /\$182 non-member
87_FW_1326_40_041819_YHL 12:00 pm to 1:00 pm 3rd floor Heather
Class meets 7 times
If a participant has NEVER taken this class before, they must meet for 1-60 min personal training session with Heather prior

TRX Suspension Trainer Advanced - 30 min: 15+ yrs \$84 member /\$126 non-member
87_FW_1313_40_041819_YHL 5:00 pm to 5:30 pm 3rd floor Barb
Class meets 7 times

Kettlebells Beginner - 30 min: 15+ yrs \$84 member /\$126 non-member
87_FW_1327_40_041819_YHL 5:15 pm to 5:45 pm TBD Dan
Class meets 7 times

Pilates Reformer Group Class - 60 min: 15+ yrs \$140 member /\$182 non-member
87_FW_1326_41_041819_YHL 5:45 pm to 6:45 pm 3rd floor Linda
Class meets 7 times
If a participant has NEVER taken this class before, they must meet for 1-60 min personal training session with Linda prior

Advanced Strength Training - 60 min: 15+ yrs \$140 member /\$182 non-member
87_FW_1242_40_041819_YHL 6:00 pm to 7:00 pm Fitness Ctr Seth
Class meets 7 times

Circuit Works - 30 min: 18+ yrs \$84 member /\$126 non-member
87_FW_1219_40_041819_YHL 6:00 pm to 6:30 pm TBD Dan
Class meets 7 times

Classes starting Friday, April 19

Pilates Reformer Group Class - 45 min: 15+ yrs \$112 member /\$154 non-member
87_FW_1339_50_041919_YHL 11:45 am to 12:30 pm 3rd floor Abbey
Class meets 7 times
If a participant has NEVER taken this class before, they must meet for 1-60 min personal training session with Abbey prior

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Restorative Yoga - 60 min: 18+ yrs 87_FW_1241_50_041919_YHL	12:50 pm to 1:50 pm Class meets 7 times	Studio A	Abbey	\$105 member /\$147 non-member
Circuit Works - 45 min: 18+ yrs 87_FW_1224_50_041919_YHL	4:00 pm to 4:45 pm Class meets 7 times		Dan L.	\$112 member /\$154 non-member

Class Descriptions

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.
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.
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.
ForeverWell Pickleball Lessons - 60 min	Learn how to play pickleball, and the basic skills required for this game that's part tennis, part badminton.
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.
Kettlebells Intermediate - 45 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.
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.
Restorative Yoga - 60 min	Hold passive yoga poses for long periods of time to promote soothing and healing. Yoga poses are done laying on or over blankets to make for a very relaxing, comfortable practice where the body and mind are able to surrender.
Sprint 8 - 30 min (3x/wk)	Sprint 8 is an intensity-based training program that's optimized to help you build muscle and burn fat quickly and effectively.
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.
TRX Suspension Trainer Advanced - 30 min	If you already know beginning and intermediate TRX moves, this total-body class is the ultimate challenge. Since it's a highly effective workout, it's perfect if you're on the fast track to reach your health and fitness goals.
TRX Suspension Trainer Advanced - 45 min	If you already know beginning and intermediate TRX moves, this total-body class is the ultimate challenge. Since it's a highly effective workout, it's perfect if you're on the fast track to reach your health and fitness goals.
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.
TRX Suspension Trainer Intermediate - 45 min	If you already know beginning TRX moves, this total-body class takes toning your upper body, lower body and core to the next level, using your bodyweight.

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