# Group Training Schedule

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

**Maplewood YMCA Community Center**

(651) 747-0922  
ymcamn.org/maplewood  
www.facebook.com/maplewoodcommunitycenter

## Building Hours

<table>
<thead>
<tr>
<th>Monday–Friday</th>
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</thead>
<tbody>
<tr>
<td>M–Th 5:00am–10:00pm, F 5:00am–9:00pm</td>
<td>M–Th 9:00am–12:00pm, 4:30pm–8:00pm, F 9:00am–12:00pm</td>
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</tbody>
</table>

## Kids Stuff Hours

<table>
<thead>
<tr>
<th>Monday–Friday</th>
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<tbody>
<tr>
<td>6:00am–8:00pm</td>
<td>8:30am–12:30pm</td>
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</tbody>
</table>

### Classes starting Monday, September 9

- **Extreme RTK - 30 min: 18+ yrs**
  - 7:45 am to 8:15 am  
  - Dakota Room  
  - Daniel
  - $84 member / $126 non-member

- **TRX Suspension Trainer Intermediate - 45 min: 15+ yrs**
  - 9:30 am to 10:15 am  
  - Fit Ctr  
  - Barbie
  - $112 member / $154 non-member

  *Please take a Beginner TRX class prior to this class*

- **Pilates Reformer Group Class - 60 min: 15+ yrs**
  - 4:30 pm to 5:30 pm  
  - 3rd floor  
  - Linda
  - $140 member / $182 non-member

  *If this is your first Pilates Reformer class, you must meet w/ the instructor for a 60 min one-on-one personal training session prior to this class*

- **TRX Suspension Trainer Beginner - 30 min: 15+ yrs**
  - 5:15 pm to 5:45 pm  
  - 3rd floor  
  - Barbie
  - $84 member / $126 non-member

- **Kettlebells/TRX Fusion Intermediate - 45 min: 15+ yrs**
  - 5:45 pm to 6:30 pm  
  - 3rd floor  
  - Barbie & Dan
  - $112 member / $154 non-member

### Classes starting Tuesday, September 10

- **Meditation - 60 min: 15+ yrs**
  - 9:00 am to 10:00 am  
  - Dakota Room  
  - Abbey
  - $56 member / $112 non-member

  *This is a Beginner class, beginners only please*

- **TRX Suspension Trainer Beginner - 30 min: 15+ yrs**
  - 9:30 am to 10:00 am  
  - 3rd floor  
  - Barbie
  - $84 member / $126 non-member

- **ForeverWell Pickleball Lessons - 60 min: 55+ yrs**
  - 10:00 am to 11:00 am  
  - Gym  
  - Elaine
  - $70 member / $84 non-member

  *Beginner level at this time slot*

- **Topical Yoga Workshop - 60 mins: 16+ yrs**
  - 10:30 am to 11:30 am  
  - Gladstone Hallway  
  - Abbey
  - $70 member / $91 non-member

  *This is a “Men’s Yoga” specialty class*

- **ForeverWell Pickleball Lessons - 60 min: 55+ yrs**
  - 11:15 am to 12:15 pm  
  - Gym  
  - Elaine
  - $70 member / $84 non-member

  *Intermediate level at this time slot*

- **Pilates Reformer Group Class - 60 min: 15+ yrs**
  - 12:00 pm to 1:00 pm  
  - 3rd floor  
  - Abbey
  - $140 member / $182 non-member

  *This is a Beginner level class, beginners only please*

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**REGISTRATION BEGINS AUGUST 13, 2019**

Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.
Kettlebells Beginner - 30 min: 15+ yrs
87_FW_1327_20_091019_YHL
5:00 pm to 5:30 pm
3rd floor
Daniel
$84 member / $126 non-member

Pilates Reformer Group Class - 60 min: 15+ yrs
87_FW_1326_21_091019_YHL
6:00 pm to 7:00 pm
3rd floor
Linda
$140 member / $182 non-member

If this is your first Pilates Reformer class, you must meet w/ the instructor for a 60 min one-on-one personal training session prior to this class

Class meets 7 times

Classes starting Wednesday, September 11

Extreme RTK - 30 min: 18+ yrs
87_FW_1190_30_091119_YHL
7:45 am to 8:15 am
Fit Ctr
Courtney
$84 member / $126 non-member

Pilates Reformer Group Class - 60 min: 15+ yrs
87_FW_1326_30_091119_YHL
7:45 am to 8:45 am
3rd floor
Linda
$140 member / $182 non-member

If this is your first Pilates Reformer class, you must meet w/ the instructor for a 60 min one-on-one personal training session prior to this class

Class meets 7 times

Meditation - 60 min: 15+ yrs
87_FW_1163_30_091119_YHL
10:30 am to 11:30 am
Dakota Room
Abbey
$56 member / $112 non-member

This is an Intermediate class

Pilates Reformer Group Class - 60 min: 15+ yrs
87_FW_1326_31_091119_YHL
10:30 am to 11:30 am
3rd floor
Heather
$140 member / $182 non-member

This is a Beginner level class, beginners only please

Class meets 7 times

Strength Training for Seniors - 45 min: 55+ yrs
87_FW_1306_30_091119_YHL
10:45 am to 11:30 am
Fit Ctr
Linda
$70 member / $84 non-member

Meet in the fitness center on 1st floor

Class meets 7 times

Circuit Works - 45 min: 18+ yrs
87_FW_1224_30_091119_YHL
4:00 pm to 4:45 pm
3rd floor
Barbie
$112 member / $154 non-member

Kettlebells/TRX Fusion Intermediate - 45 min: 15+ yrs
87_FW_1320_30_091119_YHL
5:00 pm to 5:45 pm
3rd floor
Barbie & Dan
$112 member / $154 non-member

Kettlebells Intermediate - 45 min: 15+ yrs
87_FW_1331_30_091119_YHL
5:45 pm to 6:30 pm
TBD
Linda
$112 member / $154 non-member

TRX Suspension Trainer Advanced - 45 min: 15+ yrs
87_FW_1314_30_091119_YHL
6:00 pm to 6:45 pm
3rd floor
Barbie
$112 member / $154 non-member

Please take a Beginner/Intermediate TRX class prior to this class

Pilates Reformer Group Class - 60 min: 15+ yrs
87_FW_1326_32_091119_YHL
7:45 pm to 8:45 pm
3rd floor
Linda
$140 member / $182 non-member

If this is your first Pilates Reformer class, you must meet w/ the instructor for a 60 min one-on-one personal training session prior to this class

Classes starting Thursday, September 12

Pilates Reformer Group Class - 60 min: 15+ yrs
87_FW_1326_40_091219_YHL
8:00 am to 9:00 am
3rd floor
Linda
$140 member / $182 non-member

If this is your first Pilates Reformer class, you must meet w/ the instructor for a 60 min one-on-one personal training session prior to this class

Pilates Reformer Group Class - 60 min: 15+ yrs
87_FW_1326_41_091219_YHL
10:15 am to 11:15 am
3rd floor
Abbey
$140 member / $182 non-member

If this is your first Pilates Reformer class, you must meet w/ the instructor for a 60 min one-on-one personal training session prior to this class
<table>
<thead>
<tr>
<th>Class Descriptions</th>
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</thead>
<tbody>
<tr>
<td><strong>Circuit Works – 45 min</strong></td>
<td>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.</td>
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<tr>
<td><strong>Extreme RTK – 30 min</strong></td>
<td>Get a dynamic workout as you move from rope, TRX suspension trainer and kettlebell stations. Results won’t take long to see!</td>
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<tr>
<td><strong>ForeverWell Pickleball Lessons – 60 min</strong></td>
<td>Learn how to play pickleball, and the basic skills required for this game that’s part tennis, part badminton.</td>
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<tr>
<td><strong>Kettlebells Beginner – 30 min</strong></td>
<td>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.</td>
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<tr>
<td><strong>Kettlebells Intermediate – 45 min</strong></td>
<td>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.</td>
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<tr>
<td><strong>Kettlebells/TRX Fusion Intermediate – 45 min</strong></td>
<td>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.</td>
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<tr>
<td><strong>Meditation – 60 min</strong></td>
<td>Learn mindfulness techniques through group led guided meditation. Find more balance and calm in your life by adding a meditation practice to your wellbeing routine.</td>
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<tr>
<td><strong>Pilates Reformer Group Class – 60 min</strong></td>
<td>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.</td>
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<tr>
<td><strong>Restorative Yoga – 60 min</strong></td>
<td>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.</td>
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<tr>
<td><strong>Strength Training for Seniors – 45 min</strong></td>
<td>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.</td>
</tr>
<tr>
<td>Class</td>
<td>Duration</td>
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<td>--------------------------------------------</td>
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<tr>
<td>Topical Yoga Workshop</td>
<td>60 mins</td>
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<tr>
<td>TRX Suspension Trainer Advanced - 45 min</td>
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<td>TRX Suspension Trainer Beginner - 30 min</td>
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<tr>
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