### Group Training Schedule

**Late Spring 2020 - Classes starting between April 20 and June 7**

1. **Building Hours**
   - Monday-Friday: M-Th 5 AM-10 PM, F 5 AM-9 PM
   - Saturday: 6 AM-8 PM
   - Sunday: 8 AM-7 PM

2. **Kids Stuff Hours**
   - Monday-Friday: M-Th 9 AM-1:30 PM & 4-8 PM, F 9 AM-1:30 PM & 4-7 PM
   - Saturday: 8:30 AM-1 PM
   - Sunday: 1:30-5:30 PM

### Classes starting Monday, April 20

#### Extreme RTK – 45 min: 18+ yrs
- **Class Code:** 87_FW_1348_10_042020_YHL
- **Time:** 7:15 am to 8:00 am
- **Location:** 3rd Floor
- **Instructor:** Daniel
- **Fee:** $96 member / $132 non-member
- **Notes:**
  - Class meets 6 times
  - If this is your first Pilates Reformer class, you must meet with the instructor for a 60 min one-on-one personal training session prior to this class

#### TRX Suspension Trainer Intermediate – 45 min: 15+ yrs
- **Class Code:** 87_FW_1311_10_042020_YHL
- **Time:** 9:30 am to 10:15 am
- **Location:** 3rd Floor
- **Instructor:** Barb
- **Fee:** $96 member / $132 non-member
- **Notes:**
  - Class meets 6 times
  - Please take a Beginner TRX class prior to this class

#### Kettlebells/TRX Fusion Beginner – 45 min: 15+ yrs
- **Class Code:** 87_FW_1317_10_042020_YHL
- **Time:** 10:30 am to 11:15 am
- **Location:** 3rd Floor
- **Instructors:** Barb & Daniel
- **Fee:** $96 member / $132 non-member
- **Notes:**
  - Class meets 6 times

#### Pilates Reformer Group Class – 45 min: 15+ yrs
- **Class Code:** 87_FW_1339_10_042020_YHL
- **Time:** 11:30 am to 12:15 pm
- **Location:** 3rd Floor
- **Instructor:** Linda
- **Fee:** $96 member / $132 non-member
- **Notes:**
  - If this is your first Pilates Reformer class, you must meet with the instructor for a 60 min one-on-one personal training session prior to this class

### Classes starting Tuesday, April 21

#### Pilates Reformer Group Class – 60 min: 15+ yrs
- **Class Code:** 87_FW_1326_20_042120_YHL
- **Time:** 8:00 am to 9:00 am
- **Location:** 3rd Floor
- **Instructor:** Linda
- **Fee:** $140 member / $182 non-member
- **Notes:**
  - If this is your first Pilates Reformer class, you must meet with the instructor for a 60 min one-on-one personal training session prior to this class

#### TRX Suspension Trainer Beginner – 30 min: 15+ yrs
- **Class Code:** 87_FW_1307_20_042120_YHL
- **Time:** 5:15 pm to 5:45 pm
- **Location:** 3rd Floor
- **Instructor:** Barb
- **Fee:** $72 member / $108 non-member
- **Notes:**
  - Class meets 6 times

#### Kettlebells/TRX Fusion Intermediate – 45 min: 15+ yrs
- **Class Code:** 87_FW_1320_20_042120_YHL
- **Time:** 5:45 pm to 6:30 pm
- **Location:** 3rd Floor
- **Instructors:** Barb & Daniel
- **Fee:** $96 member / $132 non-member
- **Notes:**
  - Class meets 6 times

### ForeverWell Pickleball Lessons – 60 min: 55+ yrs
- **Class Code:** 87_LE_3464_20_042120_YHL
- **Time:** 10:00 am to 11:00 am
- **Location:** Gym
- **Instructors:** Elaine & Jim
- **Fee:** $70 member / $84 non-member
- **Notes:**
  - Beginner level at this time slot

### Strength Training for Seniors – 45 min: 55+ yrs
- **Class Code:** 87_FW_1306_20_042120_YHL
- **Time:** 11:00 am to 11:45 am
- **Location:** Fitness Center
- **Instructor:** Emily
- **Fee:** $70 member / $84 non-member

**REGISTRATION BEGINS MARCH 17, 2020**

*Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.*
<table>
<thead>
<tr>
<th>Class Name</th>
<th>Time</th>
<th>Location</th>
<th>Instructors</th>
<th>Member Fee</th>
<th>Non-Member Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>ForeverWell Pickleball Lessons - 60 min: 55+ yrs</td>
<td>11:15 am to 12:15 pm</td>
<td>Gym</td>
<td>Elaine &amp; Jim</td>
<td>$70</td>
<td>$84</td>
</tr>
<tr>
<td>Kettlebells/TRX Fusion Beginner - 45 min: 15+ yrs</td>
<td>5:15 pm to 6:00 pm</td>
<td>3rd Floor</td>
<td>Emily/Maggie</td>
<td>$112</td>
<td>$154</td>
</tr>
<tr>
<td>Topical Yoga Workshop - 60 mins: 16+ yrs</td>
<td>5:30 pm to 6:30 pm</td>
<td>TBD</td>
<td>Beth K.</td>
<td>$70</td>
<td>$91</td>
</tr>
<tr>
<td>Pilates Reformer Group Class - 60 min: 15+ yrs</td>
<td>6:00 pm to 7:00 pm</td>
<td>3rd Floor</td>
<td>Linda</td>
<td>$140</td>
<td>$182</td>
</tr>
<tr>
<td>Extreme RTK - 45 min: 18+ yrs</td>
<td>7:30 am to 8:15 am</td>
<td>3rd Floor</td>
<td>Courtney</td>
<td>$112</td>
<td>$154</td>
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<td>$112</td>
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<td>Meditation - 60 min: 15+ yrs</td>
<td>10:30 am to 11:30 am</td>
<td>Dakota Room</td>
<td>Beth K.</td>
<td>$56</td>
<td>$112</td>
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<td>Strength Training for Seniors - 45 min: 55+ yrs</td>
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<td>Topical Yoga Workshop - 60 mins: 16+ yrs</td>
<td>12:00 pm to 1:00 pm</td>
<td>Studio C</td>
<td>Beth K.</td>
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<td>$91</td>
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<tr>
<td>Circuit Works - 45 min: 18+ yrs</td>
<td>4:00 pm to 4:45 pm</td>
<td>Studio B</td>
<td>Barb</td>
<td>$112</td>
<td>$154</td>
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<td>Pilates Reformer Group Class - 60 min: 15+ yrs</td>
<td>4:15 pm to 5:15 pm</td>
<td>3rd Floor</td>
<td>Linda</td>
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<td>$182</td>
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<tr>
<td>Kettlebells Advanced - 45 min: 15+ yrs</td>
<td>5:30 pm to 6:15 pm</td>
<td>Studio B</td>
<td>Linda</td>
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<td>$154</td>
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<td>TRX Suspension Trainer Advanced - 45 min: 15+ yrs</td>
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Pilates Reformer Group Class – 60 min: 15+ yrs
87_FW_1326_41_042320_YHL 4:15 pm to 5:15 pm 3rd floor Linda
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 Intermediate – 30 min: 15+ yrs
87_FW_1310_40_042320_YHL 5:00 pm to 5:30 pm 3rd floor Barb
Get a dynamic workout as you move from rope, TRX suspension trainer and kettlebell stations. Results won't take long to see!

Kettlebells/TRX Fusion Intermediate – 45 min: 15+ yrs
87_FW_1320_40_042320_YHL 5:30 pm to 6:15 pm 3rd floor Daniel and Barb
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.

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

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Class Descriptions

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.

Extreme RTK – 45 min
Get a dynamic workout as you move from rope, TRX suspension trainer and kettlebell stations. Results won’t take long to see!

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 Advanced – 45 min
If you already know beginning and intermediate kettlebell moves, this class really amps up the workout with powerful movements to build strength, mobility, energy and vitality. It’s a challenging, dynamic and effective workout.

Kettlebells/TRX Fusion Beginner – 45 min
A kettlebell is a traditional Russian cast-iron weight that looks like a cannonball with a handle. A TRX suspension trainer is a tool made of straps that uses your body weight. This total-body class combines the best of kettlebells and TRX for a highly effective and powerful workout. It’s perfect if you’re on the fast track to reach your health and fitness goals.

Kettlebells/TRX Fusion Intermediate – 45 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.

Meditation – 60 min
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.

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.

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.

Topical Yoga Workshop – 60 mins
Dive deeper into your yoga practice with topics the class chooses. This class is customized to help you create a successful and effective yoga practice.

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<tr>
<td>TRX Suspension Trainer Advanced - 45 min</td>
<td></td>
<td>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.</td>
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<td>TRX Suspension Trainer Beginner - 30 min</td>
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<td>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.</td>
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<td>TRX Suspension Trainer Intermediate - 30 min</td>
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