



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA at Gaviidae Amenity Comparison Sheet

STUDIOS, ROOMS, SPACES

Advanced Fitness Training Studio

Group Exercise Studios

Classes

Gymnasiums

Track

Lap Pool

Whirlpool

Sauna

Stretching Area

Holistic Health Center

EQUIPMENT

Cardio

Strength

LOCKER FACILITIES

Locker Rooms

Lockers

Showers

Towels

DUES & HOURS

Member Dues

Hours

YMCA ON 9TH

None

5 multi-purpose studios

19 different class formats
76 classes weekly

3 full-size courts

1/10 mile loop

7 lanes, 25 yards

1, poolside

Men's
Women's

None

None

YMCA ON 9TH

72 pieces

104 pieces

YMCA ON 9TH

2 women's
2 men's

Rental lockers and free
daily lockers

Open shower rooms

Member pays monthly or
daily fee

YMCA ON 9TH

Uniform YMCA of the
Greater Twin Cities rate structure

Weekdays – 5:30 am-10:00 pm
Weekends – 7:00 am-8:00 pm

YMCA AT GAVIIDAE

Dedicated personal training studio with
biometrics monitoring equipment

5 Unique Studios
Virtual Group Cycle Experience
Meditation Studio, including Warm
Yoga, Pilates Reformer,
Multi-sensory group exercise studio
Group exercise multi-purpose studio

30 different class formats
100 classes weekly
Same popular classes and instructors

1 full-size court

Dedicated lunge/sprint artificial turf
lane. Easy access to Nicollet Mall and
Riverside paths

4 lanes, 25 yards

1, poolside

Common, poolside

Dedicated space

Aromatherapy, massage, acupuncture

YMCA AT GAVIIDAE

110 brand new pieces
Virtual Reality Cardio piece

60 brand new pieces
State-of-the-art Queenax –
10 pieces in one

YMCA AT GAVIIDAE

1 women's
1 men's
2 individual/family changing rooms

Rental lockers and free
daily lockers

Individual shower stalls

FREE full-size towel for ALL members

YMCA AT GAVIIDAE

Uniform YMCA of the
Greater Twin Cities rate structure

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Weekends – 7:00 am-8:00 pm