# Group Training Schedule

**Late Fall 2019 - Classes starting between October 28 and December 31**

(507) 287-2260        ymcamn.org/rochester

## BUILDING HOURS

<table>
<thead>
<tr>
<th>Monday-Friday</th>
<th>M-Th 5:00am-10:00pm, F 5:00am-9:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>6:00am-8:00pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>8:00am-8:00pm</td>
</tr>
</tbody>
</table>

## KIDS STUFF HOURS

<table>
<thead>
<tr>
<th>Monday-Friday</th>
<th>M-Th 9:00am-1:00pm, 4:00pm-8:00pm, F 9:00am-1:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>9:00am-1:00pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>2:00pm-6:00pm</td>
</tr>
</tbody>
</table>

### Classes starting Monday, October 28

- **Bootcamp - 60 min: 15+ yrs**
  - 50_FW_1203_10_102819_YHL
  - 6:00 am to 7:00 am
  - Fitness Center
  - Spencer, Joshua
  - $140 member / $182 non-member
  - Class meets 7 times

- **WAVE Fit - 45 min: 14+ yrs**
  - 50_FW_1361_10_102819_YHL
  - 6:00 pm to 6:45 pm
  - Pool
  - Darlene Fenner
  - $112 member / $154 non-member
  - Class meets 7 times

### Classes starting Tuesday, October 29

- **Bootcamp - 60 min: 15+ yrs**
  - 50_FW_1203_20_102919_YHL
  - 6:00 am to 7:00 am
  - Fitness Center
  - Spencer, Joshua
  - $140 member / $182 non-member
  - Class meets 7 times

- **Tread and Shed - 60 min: 15+ yrs**
  - 50_FW_1189_20_102919_YHL
  - 10:00 am to 11:00 am
  - Fitness Center
  - Laurie Kumferman
  - $112 member / $154 non-member
  - Class meets 7 times

- **WAVE Fit - 45 min: 14+ yrs**
  - 50_FW_1361_20_102919_YHL
  - 4:30 pm to 5:15 pm
  - Pool
  - Darlene Fenner
  - $112 member / $154 non-member
  - Class meets 7 times

### Classes starting Wednesday, October 30

- **Bootcamp - 60 min: 15+ yrs**
  - 50_FW_1203_30_103019_YHL
  - 6:00 am to 7:00 am
  - Fitness Center
  - Spencer, Joshua
  - $140 member / $182 non-member
  - Class meets 7 times

- **WAVE Fit - 45 min: 14+ yrs**
  - 50_FW_1361_30_103019_YHL
  - 4:30 pm to 5:15 pm
  - Pool
  - Darlene Fenner
  - $112 member / $154 non-member
  - Class meets 7 times

### Classes starting Thursday, November 7

- **Bootcamp - 60 min: 15+ yrs**
  - 50_FW_1203_40_110719_YHL
  - 6:00 am to 7:00 am
  - Fitness Center
  - Spencer, Joshua
  - $100 member / $130 non-member
  - Class meets 5 times

- **WAVE Fit - 45 min: 14+ yrs**
  - 50_FW_1361_40_110719_YHL
  - 10:15 am to 11:00 am
  - Pool
  - Josh Kelly
  - $80 member / $110 non-member
  - Class meets 5 times

- **Tread and Shed - 60 min: 15+ yrs**
  - 50_FW_1189_40_110719_YHL
  - 5:00 pm to 6:00 pm
  - Fitness Center
  - Laurie Kumferman
  - $80 member / $110 non-member
  - Class meets 5 times

### Classes starting Friday, November 1

- **Bootcamp - 60 min: 15+ yrs**
  - 50_FW_1203_50_110119_YHL
  - 6:00 am to 7:00 am
  - Fitness Center
  - Spencer, Joshua
  - $140 member / $182 non-member
  - Class meets 7 times

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REGISTRATION BEGINS SEPTEMBER 24, 2019

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

<table>
<thead>
<tr>
<th>Class</th>
<th>Duration</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bootcamp</td>
<td>60 min</td>
<td>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.</td>
</tr>
<tr>
<td>Tread and Shed</td>
<td>60 min</td>
<td>High-intensity training is the most proven way to bust through plateaus and ruts. Class includes exciting treadmill drills interchanged with dynamic strength circuits. If you’re at a point you’re ready to put the work in to get the changes you want, this is the class for you.</td>
</tr>
<tr>
<td>WAVE Fit</td>
<td>45 min</td>
<td>Work out on stand-up paddleboards specially designed for the pool. Challenge your strength and endurance with dynamic exercises on the board while demonstrating balance, coordination and core control.</td>
</tr>
</tbody>
</table>

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