# Rochester YMCA

## Group Training Schedule

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

(507) 287-2260  
ymcamn.org/rochester

### BUILDING HOURS

<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>Monday-Friday</td>
<td>M-Th 5 AM-10 PM, F 5 AM-9 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>6 AM-8 PM</td>
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<tr>
<td>Sunday</td>
<td>8 AM-8 PM</td>
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</tbody>
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### KIDS STUFF HOURS

<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Monday-Friday</td>
<td>M-Th 9 AM-1:30 PM &amp; 3:30-8 PM, F 9 AM-1 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>9 AM-1 PM</td>
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<tr>
<td>Sunday</td>
<td>2-6 PM</td>
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### Classes starting **Monday, April 20**

**Pilates Reformer Group Class - 60 min: 15+ yrs**

- 50 FW 1326 10 042020 YHL
- 12:00 pm to 1:00 pm
- Balfour
- Pennie
- $120 member /$156 non-member
- Class meets 6 times

**Pilates Reformer Group Class - 45 min: 15+ yrs**

- 50 FW 1339 10 042020 YHL
- 4:30 pm to 5:15 pm
- Balfour
- Darlene
- $96 member /$132 non-member
- Class meets 6 times

### Classes starting **Tuesday, April 21**

**Tread and Shed - 60 min: 15+ yrs**

- 50 FW 1189 20 042120 YHL
- 10:00 am to 11:00 am
- Fitness Center
- Josh
- $112 member /$154 non-member
- Class meets 7 times

### Classes starting **Wednesday, April 22**

**WAVE Fit - 45 min: 14+ yrs**

- 50 FW 1361 30 042220 YHL
- 4:30 pm to 5:15 pm
- Pool
- Darlene
- $112 member /$154 non-member
- Class meets 7 times

### Classes starting **Thursday, April 23**

**Pilates Reformer Group Class - 45 min: 15+ yrs**

- 50 FW 1339 40 042320 YHL
- 4:30 pm to 5:15 pm
- Balfour
- Darlene
- $112 member /$154 non-member
- Class meets 7 times

**Tread and Shed - 60 min: 15+ yrs**

- 50 FW 1189 40 042320 YHL
- 5:30 pm to 6:30 pm
- Fitness Center
- Laurie
- $112 member /$154 non-member
- Class meets 7 times

### Classes starting **Friday, April 24**

**Pilates Reformer Group Class - 60 min: 15+ yrs**

- 50 FW 1326 50 042420 YHL
- 12:00 pm to 1:00 pm
- Balfour
- Pennie
- $140 member /$182 non-member
- Class meets 7 times

### Class Descriptions

#### 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.

#### Tread and Shed - 60 min

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.

REGISTRATION BEGINS MARCH 17, 2020

Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.
WAVE Fit – 45 min

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.

REGISTRATION BEGINS MARCH 17, 2020

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