



Rochester YMCA Group Training Schedule

Late Spring 2019 - Classes starting between April 15 and June 2

(507) 287-2260

www.ymcamn.org/rochester

BUILDING HOURS		KIDS STUFF HOURS	
Monday-Friday:	M-Th 5:00am-10:00pm, F 5:00am-9:00pm	Monday-Friday:	M-Th 9:00am-1:00pm, 4:30pm-7:30pm, F 9:00am-1:00pm
Saturday:	6:00am-8:00pm	Saturday:	8:30am-11:30am
Sunday:	8:00am-8:00pm	Sunday:	

Classes starting Monday, April 15

Pilates Reformer Group Class - 60 min: 15+ yrs				\$120 member / \$156 non-member
50_FW_1326_10_041519_YHL	12:00 pm to 1:00 pm Class meets 6 times	Balfour	Pennie	
Sprint 8 - 30 min (3x/wk): 15+ yrs				\$240 member / \$440 non-member
50_FW_1365_10_041519_YHL	12:15 pm to 12:45 pm Class meets 20 times	Fitness Center	Ian	
	<i>Monday/Wednesday/Friday</i>			
Tread and Shed - 60 min: 15+ yrs				\$96 member / \$132 non-member
50_FW_1189_10_041519_YHL	6:30 pm to 7:30 pm Class meets 6 times	Fitness Center	Laurie	

Classes starting Tuesday, April 16

Tread and Shed - 60 min: 15+ yrs				\$112 member / \$154 non-member
50_FW_1189_20_041619_YHL	10:00 am to 11:00 am Class meets 7 times	Fitness Center	Laurie	
Sports Enhancement Training - 30 min: 15+ yrs				\$84 member / \$126 non-member
50_FW_1336_20_041619_YHL	7:00 pm to 7:30 pm Class meets 7 times	Fitness Center	Ian	

Classes starting Wednesday, April 17

Pilates Reformer Group Class - 30 min: 15+ yrs				\$84 member / \$126 non-member
50_FW_1325_30_041719_YHL	8:30 am to 9:00 am Class meets 7 times	Balfour	Maureen	
Tread and Shed - 60 min: 15+ yrs				\$112 member / \$154 non-member
50_FW_1189_30_041719_YHL	6:30 pm to 7:30 pm Class meets 7 times	Fitness Center	Laurie	

Classes starting Thursday, April 18

Tread and Shed - 60 min: 15+ yrs				\$112 member / \$154 non-member
50_FW_1189_40_041819_YHL	10:00 am to 11:00 am Class meets 7 times	Fitness Center	Laurie	
Sports Enhancement Training - 30 min: 15+ yrs				\$84 member / \$126 non-member
50_FW_1336_40_041819_YHL	7:00 pm to 7:30 pm Class meets 7 times	Fitness Center	Laurie	

Classes starting Friday, April 19

Pilates Reformer Group Class - 60 min: 15+ yrs				\$140 member / \$182 non-member
50_FW_1326_50_041919_YHL	12:00 pm to 1:00 pm Class meets 7 times	Balfour	Pennie	

REGISTRATION BEGINS MARCH 12, 2019

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

Class Descriptions

Pilates Reformer Group Class - 30 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.
Sports Enhancement Training - 30 min	Fine-tune your performance in your sport of choice with guidance from an expert instructor.
Sprint 8 - 30 min (3x/wk)	Sprint 8 is an intensity-based training program that's optimized to help you build muscle and burn fat quickly and effectively.
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.

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